



Liz Peters: The Joy of Improv: Bypassing Your Inner Critic and Finding Flow



Liz Peters is an improviser, coach and author who has spent the last decade helping people feel relaxed and playful in the spotlight. She teaches improvisation around the world and works to improve human communication both in how we connect and collaborate with each other and with 1-1 coaching on public speaking. In this session Liz will lead us in an improv session meant to unleash our authentic, expressive and uniquely engaging selves.

TOP EMBODIMENT TIP: Breathe... it is the way we can change our mechanism to feel better in the moment.

Everyone is Creative

- Everyone is a creative genius and if you think you are not, you have forgotten.

Two Different Modes of Creative Thinking

- **Divergent:** big picture thinking, explorative and open.
- **Convergent:** critical thinking, analysis and evaluation.
- Divergent mode is commonly used in improv.
- “Yes, and” - an improv exercise that builds on an already accepted reality.

The Inner Critic

- The inner critic is a voice that gives us doubts. It is a fear of failing, of being wrong and of shame; however, the inner critic is just doing its job which is to protect us
- Improvisers learn to change their response to failure in 3 ways:
 - See mistakes as opportunities and not as reality gone wrong
 - Shift our embodiment around failure
 - Exposure therapy
- **Tip:** If you don't try you'll never know if it was good enough!

Resources

- ❖ **Books:** Buy *Own It! How to Boss Your Fears, Free Your Voice and Inspire the Room* [here](#)
- ❖ **Website:** www.lizpeters.com
- ❖ **Social:** @improvliz, Facebook: improvliz



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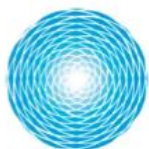
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The ***Path of Azul*** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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