

THE FLOW OF A TALK

improv
for
work &
wellness.



START WITH HEART



NAME THE TOPIC



POSITIVE PERSONAL POINT



SHARE ROAD MAP & AGENDA



BEAT 1 (*EVIDENCE / DATA / OPTION / STORY / SITUATION / EXAMPLE*)



BEAT 2



BEAT 3



REMIND US OF YOUR POSITIVE PERSONAL POINT



NEXT STEPS (*WHO, WHAT, WHEN*)