



Craig Price
Director of Community Education & Wellness

(239)434-7340 x103
cprice@naplesplayers.org

www.naplesplayers.org



Adapted from the Connect Improv Curriculum, ©2015 Lacy Alana, LCSW (<https://www.lacyalana.com/>)

5 Core Skills of Improv

Listening

Accepting

Supporting

Taking Risks

Letting Go of Mistakes

Adapted from Jill & Patrick's Small Book of Improv for Business





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“Improv has been absolutely life changing for our participants. The fun and even vulnerable moments have created a bond like no other that has happened on our campus. Our residents, and even employees who’ve joined in, have a little extra sparkle in their eyes when they see each other around... that sparkle is followed by some improv “inside joke” and erupts into laughter and smile-filled faces. How can you wish for anything more?”

– Partnering Organization