

The Comedy Challenge



The Comedy Challenge is a brilliant way for developing teams. It's about originality, creativity, passion, energy, laughter, confidence, rapport, engagement, empathy and success. It's also not surprisingly a huge amount of fun!

Laughter - like exercise and orgasm (now that's got your attention!) cause the release of endorphins into the brain which amongst other things create euphoria and make us happy and happy = productive!

The Comedy Challenge is flexible and can last anything from 1 hour to a full day. It can be tailored to suit the profile, needs and objectives



of your team and works well as a conference energiser, a team build, a communications or presentation skills day or a fun way to motivate and reward.

Each workshop is participative and fast moving. Led by professional comedians, sessions start with gentle warm-up exercises to break the ice and set the tone.

From there, teams will explore various aspects of comedy including what makes us laugh, creating characters, exaggeration, building a comedy sketch, cruelty in comedy, gag writing, impersonation, improvisation, slap stick, physical comedy (clowning) and many more.

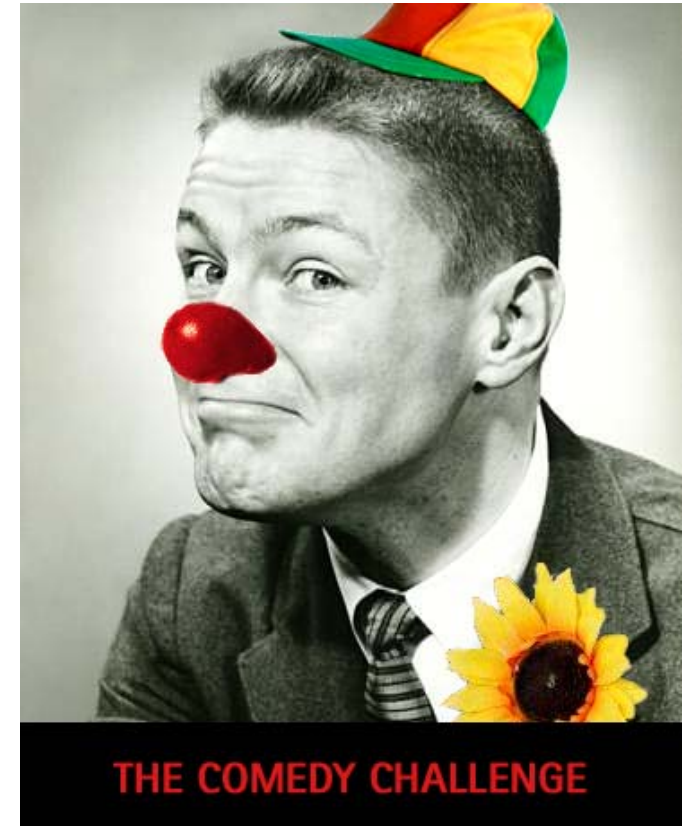


Overcoming the fear of performance, the Comedy Challenge shows delegates that through effective teamwork they can achieve anything. It will empower them, give them confidence, release their creativity and make them feel great!

As a finale - teams combine everything they have learnt to create and then perform their own 2-3 minute Comedy sketch ending the day on a real high.

happiness • passion • building rapport • releasing creativity • spirit • energy • success • empathy • body language • pizzazz • presentation skills • dealing with fear •

'It's good to laugh!!'



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