

# IMPROV

Diamond Level Corporate Training

# TALK

## Team Up with the Pros



Jim Mecir



Ellen Schnur

**for Diamond Level  
Corporate Training Programs!**



Speaking  
Services



Communication  
& Innovation



Leadership



Team  
Building



Women  
In Power



Sales



Customer  
Service

[www.ImprovTalk.com](http://www.ImprovTalk.com)

# Learn from the Pros & Cover Your Bases with Training Programs from ImprovTalk

Former Major League Baseball Pitcher and New York Hall of Famer, Jim Mecir teams up with ImprovTalk President and Improviser, Ellen Schnur to amplify professional skills for each member of your organization. Inspiring stories from the pitcher's mound translate directly to important business lessons which are then practiced through interactive group activities. ImprovTalk brings 'FUN' to hard work and lasting results.



## Jim Mecir

Jim pitches powerful experiences of adversity, adaptability and resiliency that invigorate the core of work life. Jim was born with a club foot, yet still achieved his dream to be a Major League Baseball player for 10 years. Through Jim's compelling stories and experiences from the pitcher's mound, he teaches audiences how to form successful teams and organizations by integrating each other's strengths and powering through challenges.

### Accomplishments

- Major League Baseball Pitcher 1995 -2005
- World Series Champs – NY Yankees, 1996
- Recipient of the Tony Conigliaro Award
- Pitched for Oakland Athletics, the Team that inspired the book and movie, "Moneyball."
- Inducted into the New York Baseball Hall of Fame
- Professional Speaker who shares lessons from the mound that translate into business know how.

[Watch Our Video](#)

## Ellen Schnur

Ellen steps off the stage to lead audiences to ditch fear, let go of judgment and seek new possibilities in every career role. Equipped with 25+ years of corporate career experience, together with formal improv training from the highly acclaimed Second City, IO (formerly Improv Olympic), and many improv masters, Ellen successfully injects learning with energy, laughter and fun to produce immediate results.

### Accomplishments

- 25+ Years of Corporate Experience
- Chicagoland Toastmaster of the Year
- Corporate Trainer
- Improvisation Training with the very best at Second City and IO (Improv Olympic)
- Professional Speaker and Improviser who blends improvisation with corporate training to implement valuable business strategies.

[Learn more about Jim & Ellen!](#)

# Speaking Topics



## Keynotes, Meeting Kickoffs & Workshops.

Energize, educate and engage your company when Ellen and Jim instill confidence, reignite creativity and open communication channels. Audiences leave equipped to help all levels of your organization work better together to achieve individual, team and company goals.



## “YES, AND” The Communication Process of Champions

Life is filled with curveballs. As business professionals, dealing with the unexpected is what we do all of the time, improvising as we go. Through interactive lessons, we stretch your range of behavior options to build your improvising muscles to handle any simple or difficult situation.



## Be the Leader You Are Meant to Be

Work out your leadership muscles with World Series Champ, Jim Mecir and corporate manager turned improviser, Ellen Schnur. Benefit the entire organization when you strengthen your capacity to collaborate and innovate, build stronger relationships, and help solve problems more quickly.



Through a series of challenges and stories from the mound, you and your team will experience the same attributes practiced to win baseball and build successful improv teams. Learn simple tools that they actually “try on” and bring back to the workplace.



Did you know that studies show women speak up to 75% less often than men when there are more men than women in the room? From an early age, we are trained to censor ourselves and control our impulses. Often this stops many of us from doing things and from being ourselves when we are uncomfortable. It's time to step out of your comfort zone and into your own power. Take the risk – it's worth it!



You've trained your staff in all of the hard skills of their job; now build on their listening, speaking, power dynamics, client relationships and how to handle objections. Improvisers and athletes need these skills to win games and audiences. Experience how they do it and walk away with more sales muscle!



Every day your customer service team is on the field, getting curve balls thrown at them and throwing pitches they hope will hit their mark. They may have scripts to follow, but the customers don't, which means your reps have to improvise. So why not sharpen their improvisation skills to handle the good, bad and ugly of customer service?

# Interactive, Engaging & Impactful Training Programs

Our interactive training programs present new skills for the most important aspects of all levels of an organization. Each inspiring story from the pitcher's mound translates directly to a business lesson and is then practiced through interactive group improvisation activities.



# Media

## Videos

[Watch Our TEDTalk](#)

## Team Up with the Pros!

[Contact Us!](#)

## Articles

[Read Our Articles  
for Impactful  
Business Tips!](#)

## Newsletter

[Sign Up for  
Our Newsletter!](#)

## Press

<http://seamheads.com/blog/2015/12/13/an-interview-with-former-relief-pitcher-jim-mecir/>

<https://www.youtube.com/watch?v=xpdDU-WZ9jY>

# Clients Who Love ImprovTalk Training Programs for Conferences, Trade-Shows, In-Service Days & More

## Our Growing Client List



## Our Clients Say . . .

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*"With Ellen and Jim, it was the most exciting and engaging program we have put on so far in 10 years through this organization. For me, the big thing was understanding and really listening while working with your staff and customers, how do you get them interested and engaged in the conversation? Let them share ideas by using the "Yes&" principles is really where the success is going to come from." Brian, New Jersey*

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*"Ellen Schnur led a workshop for a leadership team where I work. It is still being talked about months later! And co-workers who were afraid going in came out wanting to do it again. It was fun, created a sense of team, and brought people out of their shells!"*

*Jen Ciolino, Dow Corning*

*"I felt so empowered from Ellen's workshop. I look at it as a benchmark in my life, and now, it won't be so hard to get up in front of people!"*

*Cat Wallace, Engineer*

*"At one of my #TEDxIIT events, Ellen Schnur did a fabulous job warming up the audience both pre-show and during the break. They could not have enough of Ellen. Her workshops will change your outlook."*

*Amy Segami, Business Owner*

# Why Learn Through ImprovTalk?

## Isn't It All Fun & Games? Oh, No, It Isn't!

Hit a grand slam with your CEOs, management, teams and employees as ImprovTalk helps organizations thrive when it presents interactive group activities led by inspiring stories and implemented with practical lessons from both the mound and the stage.

### Interactive Group Activities, Inspiring Stories & Practical Lessons Teach Companies How To

- Lead with Impact
- Build Dynamic Teams
- Enhance Team Inclusivity and Collaboration
- Practice Effective Communication
- Unleash Creative Innovation
- Overcome Adversity
- Increase Success

## Top 10 Reasons to Learn Through Improv

10. Disrupt your usual way of thinking in a safe and supportive environment.
9. Experience overcoming adversity and building your resilience (some call it grit!).
8. Sharing the spotlight creates new leaders and engaged employees.
7. Reframe failure as a gift – an opportunity.
6. Learn to leverage the skills that an actor uses on stage to keep their audience engaged and engrossed.
5. See how creating psychological safety brings teams together.
4. Practice listening at a deeper level, even when you have a LOT on your mind.
3. Experience the power of “Yes, And” – building buy-in and fostering innovation and creativity.
2. Sharpen your “emotional intelligence” skills (managing your own emotions and being able to more accurately read others).
1. Experience how improvisers create on the spot, in front of an audience.

Best of all, you will have fun, laugh a lot and bring the lessons back to your workplace and help create a more constructive, adaptable and collaborative environment.

## Take Your Organization to Diamond Level.

[Book ImprovTalk Today!](#)