




**Big**

**Training  
& Develop-  
ment**

A black and white photograph of a diverse group of people in a workshop setting. They are gathered in a circle, with their hands raised and stacked on top of each other in the center, symbolizing teamwork and collaboration. The background is a bright, slightly blurred indoor space.

**WHAT  
ARE THE  
BENE-  
FITS?**

**WHAT'S  
A WORK-  
SHOP  
LIKE?**

**WHAT IS  
APPLIED  
IMPROV  
TRAINING?**

**WHY  
BARCE-  
LONA  
IMPROV  
GROUP?**

**WHAT IS  
APPLIED  
IMPROV  
TRAIN-  
ING?**

Applied improv training is widely recognised as an efficient and effective way to develop core business skills, using the tools and techniques of Improvisational theatre.

Improv training builds teamwork, resilience, and all-important soft skills in an immersive and exciting environment that reaches beyond more traditional modes of business training.





**Improvisation is the art of creating on the spot without planning in advance, and Improv Theatre is created spontaneously through the collaborative effort of the performers, requiring players to be present, open minded, flexible and creative.**

Whether trying to connect a new team, encourage collaboration or improve communication skills, applied improv is an effective, engaging and entertaining business training tool with lasting impact. A session with BIG provides more than a fun day out, providing precise and practical exercises for any business situation, from embracing the strengths of coworkers and remaining calm in stressful situations, to trusting one's instincts and teammates and working cohesively.

When it comes to corporate training options, business improv is the immersive and hands-on experience your team needs to not only learn by doing and have a great time, but continue to reap the rewards for years to come.



# WHAT ARE THE BENE- FITS?



The benefits of Applied Improv are as varied as the companies, professionals and team members that experience them.

From **PERSONAL DEVELOPMENT** and **SKILL BUILDING** to **TARGETED PROBLEM SOLVING** and **CULTURE CHANGES**, we've got you covered with the most efficient and proven training on offer.

■ No lecture, no presentation, no handouts. People learn better through experience when actively involved and up on their feet (even online). The immersive improv approach allows for holistic body and mind integration resulting in a deeply embedded learning experience in as little as a few hours. ■



**TRUST AND  
CAMARADERIE,  
IN THE  
MOMENT**

■ Move the chairs aside, we get people moving, learning and laughing together. By interacting physically and playing together: messing up, sharing together and learning from each other in real time, we develop a trust and kinship that can't be taught by watching a TED talk. Setting inhibitions aside and engaging in playful teamwork ensures close bonds, trust and empathy with benefits that last. ■

■ Unlike conventional corporate training which focuses on a one-size-fits all approach, applied improv is inherently flexible, and moves to fit the needs of your team, whatever they may be. BIG has an improv exercise to precisely strengthen every weak spot, and our trainers change to accommodate your group, and the individuals it comprises, in the moment. ■

**BENEFITS  
FELT,  
IMMEDIATELY**



■ Whether it's a multi-day course or a two-hour session, participants leave our sessions with a sense of accomplishment and optimism and with new tools they can use to enhance their work environment. Teams talk about what they learned and saw in one another, and how the techniques can be applied to their existing systems in a debrief session and also receive follow up exercises in PDF to continue the work before meetings and presentations, or during brainstorming and feedback sessions. ■

**A FULLY  
INTERACTIVE  
AND  
INTEGRATIVE  
EXPERIENCE**

**PRECISELY  
WHAT YOU  
NEED**



WHY

Big

**Barcelona Improv Group is Barcelona's premiere improvised theatre company and has brought improv to Barcelona since 2011 with monthly main stage shows, workshops, classes and integrated professional training.**

Our instructors have perfected their skills as improvisers and trainers and, with combined training experience of over 30 years, are perfectly placed to pass on their skills to the business sector. We specialise in creating safe, interactive environments that allow participants the freedom to make mistakes, ask questions, lower inhibitions and get the best out of one another.

We are NOT going to give you a powerpoint presentation! We have found the best way to learn targeted skills is through immersive and playful teamwork with our skill-specific targeted games and exercises.



**Like a sporting or business team at the top of their game, improv teams work as a well-oiled machine with excellent communication skills and creative problem solving.**

Through game play, your team will actively practice the skills that make strong improvisers and great coworkers: listening, clear communication, focus, being present and open to ideas, team support, idea generation and integration, flexibility and teamwork.

Participants leave our sessions with newly embedded techniques to work together more successfully, increasing satisfaction and motivation in your team.





# WHAT'S A WORK- SHOP LIKE?



Applied improv workshops foster a safe and collaborative environment which, in itself, is an invaluable outcome. **Our expert trainers use tried and tested fast-paced exercises to get people out of their heads, preconceptions and comfort zones, and into 'the zone.** While just a couple of hours with BIG can result in a wonderful experience and lasting changes, the longer the session, the more the tools can be mastered, and the longer term the effects will be.

We tailor every workshop and coaching session to your specific needs, even if you book one of our ready to go workshops, **which is why our collaboration always begins with hearing what your goals are for your team, and for the session.** We want to boost your team's confidence, helping them become more cohesive, cooperative, and flexible. Our goal is to bring out the best in each individual, so that they leave at the end of the session feeling invigorated and excited to get back to work.

Workshops always start off with some easy ice-breakers to build confidence, and allow the group to relax into a fun and supportive headspace. With the team ready to play, we explain the theme of the session and lay out some basic principles for participating, putting at ease any inhibitions or preconceptions. Depending on the topic, each session comprises a mixture of individual, group, and partner exercises, **designed to allow each participant to practice the targeted skills and integrate them in the moment.**

By the end of the session, **participants are usually bursting with observations and realisations, which is why we always take time to reflect on our experiences and takeaways.** Through the group debrief, we have the benefit of everyone's experience, as well as our own, and cement the group experience and shared results for future reference. And to help solidify these practices, teams receive a follow-up package with a list of completed activities and tools, as well as some simple exercises for participants to utilise as they continue their growth and practice.



*“It’s been a wonderful experience and approach to know better your colleagues, employees or peers. The way they act, behave, etc... Better you know and understand the way people around interact, act or react, more the relationship become true and asset (professional speaking) and give a clear understanding of the expertise and focus of each and everyone around.”*

Zurich

*“We just really had one fantastic day. We talked about values and mission vision in a meaningful way... Important topics that will matter to us for the next two years”*

King

*“The session really felt like a well-oiled machine: never a dull moment, all exercises were progressively difficult and Kiva took special attention to explain their meaning and their benefits, which was awesome too!”*

Nespresso

*“The best back to work day ever! 110% would recommend to any organization. Our people laughed, safely pushed their own boundaries, engaged in joyful play, built relationships, and came out with new skills and stronger ties. Thank you!”*

American School Of Barcelona





# OUR PACK- AGES

BIG is proud to offer training packages for every situation, goal and company size.

From quick energy boosters to multi-day soft skill workshops, we'll help you find the perfect way to bring improv into your workplace.



# OUT OF THE BOX WORKSHOPS

Pick and choose from these tried and trusted prepared workshops to take your team to the next level. With a wide variety of rich and exciting topics to choose from, each class has two levels, Level 1 providing a foundation in understanding of the specific tools and Level 2 offering an opportunity to further practice and enhance those tools. For a full list of our out-of-the-box workshops, check our website or send us an email.

**COST:** 500€ + IVA, discounts available for larger groups

**DURATION:** 2 hours

**GROUP SIZE:** Up to 20 participants

**IDEAL FOR:** Teams or workplaces working together towards a creative, efficient and positive work environment with better results and happier team members





# BE- SPOKE TRAIN- ING

With hundreds of outcome-specific exercises to choose from, BIG can craft a workshop to directly fit your company's needs. Whether for a small group, or a conference room full of people, our bespoke training sessions get right to the heart of your desired outcomes, and deliver them in a way that perfectly fits your group.

**COST:**

Starting at 650€ + IVA

**DURATION:**

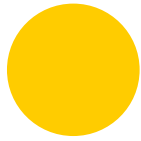
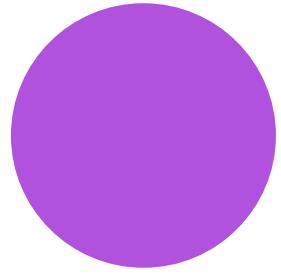
Training can vary from 2 hours up to a week for more intense work.

**GROUP SIZE:**

To get the best out of each session we recommend up to 20 employees per trainer, with no upper limit on the group size BIG can cater to

**IDEAL FOR:**

Companies experiencing logistical shifts or cultural changes or with specific goals or meeting scenarios, not covered by out of the box workshops



# ONE-ON-ONE COACHING

Professional development goes hand in hand with applied improv, and BIG offers private and small-group coaching sessions for presentations, public speaking, job interviews, confidence building and interpersonal skills. Our sessions are no-pressure and get great results thanks to their playful and creative framework.

**COST:** 300€ + IVA

**DURATION:** 1 hour

**GROUP SIZE:** up to 5 participants

**IDEAL FOR:** Smaller groups or individuals looking to target specific workplace and presentation skills







# IMPROV SHOWS

The perfect addition to your company celebration or team building day is an interactive, high-energy improv show. Tailored to you and with optional audience participation, our improvised comedy shows are the perfect fit. In our short form show, an emcee guides the players through a set list of fast paced and increasingly challenging games, putting them through their paces with suggestions supplied by the audience, and curve balls thrown by their fellow actors. The result is pure comedy. Our Longform show is just that- one long show with scenes and characters that run into one another. Inspiration is derived from your company and the actors work together, transitioning in and out of scenes and playing multiple people (and objects) in one single show, creating an entire piece of theatre that will never be seen again.

**COST:**

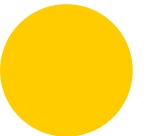
Starting at 900€ + IVA

**DURATION:**

45 - 90 minutes

**IDEAL FOR:**

Large groups looking to have a great time together



# ICE-BREAKERS, KEYNOTE & EMCEE

For big events with more people, our professional hosts, keynote speakers and ice breaker games will make your event unforgettable.

Our dynamic icebreaker games will get the crowd buzzing, getting to know each other, and pumped for your event. These fun activities work just as well as a morning energy boost, in a cocktail setting to kick off your event, or around the dinner table.

As featured speakers, BIG's keynote address on the Power of Improv and how it can be applied to your business, is sure to inspire.

Our professional Emcees act as master of ceremonies and host your event with flair. BIG's trusted and experienced presenters will keep your (online or offline) live event running smoothly, and can handle anything you throw at them.

**COST:** starting at 500€ + IVA

**DURATION:** any

**GROUP SIZE:** unlimited

**IDEAL FOR:** Larger groups, conferences, or celebrations who want their event to be dynamic and one-of-a-kind.





BIG gift cards are an ideal inclusion in your new employee pack, as a holiday or birthday present or as a corporate reward bonus for employees or teams. Teams can redeem vouchers as a group in a workshop of the topic and date that suits them best, while individuals can sign up to our public applied improv workshops, allowing them to hone valuable skills while widening their social and industry networks.

**COST:**

Vouchers and Gift Cards are valued at 100€ + IVA, 250€ + IVA, and 500€ + IVA.

**DURATION:**

Each class is 2 hours long and is valued at 100 euro. Classes run regularly both in person and online on a variety of topics. Vouchers can be redeemed for up to one year.

**GROUP SIZE:**

Individual participation in our group classes

**IDEAL FOR:**

New employees, individuals with specific goals, best-performing teams and award winners

**BIG  
VOUCHERS &  
GIFT  
CARDS**



**LET'S  
MAKE IT  
HAPPEN!**

**contact  
us**

Get in touch with us for more information  
and a personalised quote



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