



Reset for Teams

Build resilience,
connection and joy!

ImprovEQ offers an interactive team session using the principles of improv to explore strategies for transforming team dynamics and our mindset while having a stress-busting laugh in the process.

Playful games based in neuroscience!

Workshop designed to build resilience, connection and joy on your team!

A lot has changed in the past year and we have a unique opportunity in the workplace to come back together *better*.

In *Reset for Teams* you and your team will learn how to:

- Infuse the work environment with fun and positive energy
- Manage change and the unknown more effectively
- Solve problems and overcome obstacles together
- Develop trust with others & a sense of team community

2.5 hours - Virtual or In-Person



Facilitated by Betsaida LeBron, founder of ImprovEQ a consulting organization that teaches how to apply the concepts of improvisational theater and emotional intelligence in the workplace to build inclusive, supportive, and fun work cultures.

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