

# SELF-IMPROVEMENT™

*A Playful Alternative to Self-improvement*

Do you:

- \* See yourself as an endless improvement project?
- \* Try to fix others too?
- \* Think working on yourself is too much work?
- \* Want to play through what life brings up?



**If life weighs you down, try playing your way through transformation!**

*Your joy attracts more joy!  
Join us and reignite yours!*



## **Facilitated by Jody Kaylor**

- Phd MSU (Perfectly happy daily making stuff up)
- Certified Life Coach
- Image Consultant
- Improvisor of Creative Solutions

**This experiential workshop provides the tools for - and an invitation to:**

- \* Cease the blame and drama games
- \* A gentle introduction to improv play
- \* Learn to shift your experience
- \* See possibilities you never knew existed

**Improv: deep learning AND contagious fun that ripples out through your world!**

**For more information and to register:**

- Call: 512.809.8929
- EM: [jodykaylor@me.com](mailto:jodykaylor@me.com)
- Web: [www.jodykaylor.com](http://www.jodykaylor.com)
- [www.self-improv-ment.com](http://www.self-improv-ment.com)

**When:** 7/18/15 9:45 a.m. - 5:00 p.m.

**Where:** Larkspur, CA

**Investment:** \$150

**Bring:** An open mind, a willing heart and comfortable clothes for movement.

**If you're playing,  
it's working!**

**Albert Einstein: "Combinatory play seems to be the essential feature in productive thought."  
I say that if suffering is optional (and not productive) come discover some alternatives!**

### *Jody's Journey:*

As a rather adult child, I knew my own mind and wanted a certain order to things. I would not say that I was fun challenged but I definitely exuded an air of responsibility and awareness of my environment. I was a genius explorer though, regularly scaling literal heights and venturing off into my surroundings, through the woods, and back - a tendency that now requires jet planes rather than good tennis shoes. This penchant for eager seeking and learning has taken me around the physical world and into many different worlds of exploration always with an eye on human behavior and a goal of increased peace and joy.

In 1999, I began studying whole-person transformation, conscious relationships and creative potential through the Hendricks Institute, an International Learning Center that teaches core skills for conscious living and conscious loving. Along the way, I have woven many courses of study, including improvisation, into my coaching.

I regularly watched the improv TV show *Whose Line is it Anyway?* on visits to the U.S., while living in France. Upon my return to the States, I studied improv with several teachers including Alan Arkin, award-winning actor and one of the originators of modern improv.

### *What others say:*

- ★ The 4-5 hours I have spent on the phone with Jody have had more of an impact on me than any one thing in my entire life. What I put into operation has an impact immediately. - **Alaina Macia, CEO, MTM Inc.**
- ★ Jody is an amazingly creative and inspiring facilitator. Great class to open you up to numerous possibilities and let go of self-doubt, stuck energy and issues. - **Self-Improv-Ment participant**
- ★ Jody is my go-to person for choosing or making up the right process for me to use in working through an issue. I feel such comfort in her guidance and trust in her presence and the way she leads.  
- **Lynda Aldorisio, Founder, Conscious Astrology**
- ★ Jody always has a million playful ideas and perspectives around any situation. - **Self-Improv-Ment participant**
- ★ Jody goes through the world with no wake. She is there and ready for the next thing rather than creating a drama that would keep her at the same place. She's clean in the way she moves through the world.  
- **Kathlyn T. Hendricks, Director of Training, The Hendricks Institute**