

*"In my opinion a "must have" for anyone looking to expand their ability to effectively connect and communicate both with your professional and personal relationships! She is a "ray of light" that would bring a wonderful experience to any corporate or personal event!"*

—H Muth,  
Edward Jones Investments

#### A partial list of Julie's clients:

- Applied Improv Network (AIN)
- AVIXA (Formerly InfoComm)
- Baxalta
- Canadian Positive Psychology Association
- Centegra Hospital
- Edward Jones Financial Services
- Wm. WRIGLEY Jr.
- Company Chicago Housing Authority (CHA)
- Underwriters Laboratories
- International Association of Administrative Professionals (IAAP)—Bermuda and Chicago area chapters

## Julie Ostrow

Humorous Speaker  
Communication Coach

As a Humorous Speaker Communication Coach, The Second City-trained Julie Ostrow teaches and shows organizations how to use improv skills and humor to improve creativity, communication, and collaboration within their organizations and with their clients. Improv skills lay the foundation for effective communication and the ability to be truly present with whom we interact. Being truly present and really listening are key to connecting and communicating with team members and clients.

Oh, and being the First-Ever American Laughing Champion, Julie knows a thing or two about laughter!

### Effective Communication Leads to Effective Teams

Effective communication and a positive attitude are critical attributes of an effective leader. A positive environment leads to high morale, low turnover, and increased productivity.

Learning the art of listening and how to communicate effectively are extremely valuable skills that can be applied to a business setting. Improvisation skills are essential to building effective business relationships—with clients and team members. By applying the rules of improv—*Yes, And...*; *Being in the moment*; and *Give and Take*—you and your team members can ensure that a message is 1.) shared, 2.) heard, and 3.) understood as intended. This leads to discussion and clarification; opportunities to learn from each other, and ways to build solid connections and to communicate more effectively.

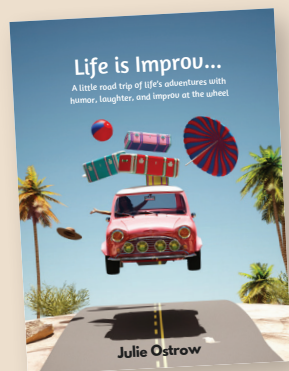
### The Brainstorming Jumpstart

- Does your team dread "brainstorming" sessions?
- Are your brainstorming sessions more like idea bashing?
- Is it a challenge to get your team members' ideas flowing...without judgment?

Julie Ostrow uses humor, laughter, and improv to demonstrate how to be open to and support others' ideas in a fun, playful, and supportive way. Because the main guideline of improv is, "Yes, and..." every idea is acknowledged, supported, explored, or built upon. Just like in any other brainstorming session, the idea that is offered up is not necessarily *the* solution. An idea that one person shares becomes a spark that ignites a thought or burst of creativity in another person, and ultimately of the group.

The Brainstorming Jumpstart can range from 30 minutes to one hour.

Jumpstart your next brainstorming session or strategic planning meeting with improv!



*"I really enjoyed your presentation and stage presence. A very engaging and entertaining time was had by all! Thank you for reminding us of the power of laughter to lift one's spirits!"*

—J McGraw, CTS, CAE  
AVIXA

*"The feedback from the team was very positive, and I feel like we achieved our objectives, of team building, having fun, and providing some transferable skills for people."*

—N Frost, Director of Marketing  
Baxalta Inc.

#### As seen and heard on:

- CBC Radio
- WGN Radio Chicago
- Wood8 Michigan's "Eight West" TV Show
- KCBS San Francisco
- Regular guest on TMJ4 Milwaukee's "Morning Blend"

Julie brings  
funny to your  
company!

## Bringing funny to your company (Speaking topics and such...)

### Connect, Communicate, and Collaborate with Improv! Improv for Team Building

Because one of the main rules of improv is to 'make your scene partner look good,' that methodology is the foundation of this presentation. When we help others and build them up, we are helping the team, the organization, and ourselves. This is the beginning of collaborative connections.

### Think On Your Feet! Improv for Public Speaking

This is for anyone who needs a step up in their public speaking skills. Even if you're not a professional speaker, these skills are beneficial whether you're speaking to your company's board of directors, attending networking events, or presenting at your company's annual event.

### Stressed Out? Play It out with Improv! Improv for Stress Management

For organizations whose team members are experiencing burn-out, a lack of energy, short fuses, lack of communication, increased sick days, and a litany of other health issues that can appear when stress is not handled properly or diffused in healthy ways. Through this program, participants will experience the overall feel-good results of infusing play, joy, mirth, laughter, and healthy humor into their work days.

All programs are created and facilitated by Julie Ostrow;  
Humorous Speaker and Communication Coach.

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Humor

Improv

Laughter