

Upcoming Sessions:

Social Improv® for Teens

- \* Richmond Hill, Tuesday evenings beginning April 18, 2017  
bit.ly/SI4TRHSpring2017
- \* Newmarket, Thursday evenings beginning April 13, 2017  
bit.ly/SI4TNMKTSpring2017

Social Improv® for Adults

- \* Richmond Hill, Tuesday afternoons; contact us for details

Teens who have participated in Social Improv® over a period of four or more years report being more confident in themselves and with their peers, having more social hangouts with friends, and feeling more prepared socially to launch into post-secondary life, whether that entails further education or work, or a combination of both.

[www.improvability.ca](http://www.improvability.ca)  
[alana@improvability.ca](mailto:alana@improvability.ca)



Alana Shields Barker

Alana is a certified PEERS facilitator, Social Coach and Roleplay Coach. She trained at the Geneva Centre for Autism as Autism Intervenor specializing in Social Skills and Managing Anxiety. As well, she has spent over 35 years as an actor, improviser and drama/improv teacher.

She has taught at The Second City, George Brown Theatre School and the Tarragon Theatre School. She is the creator of Social Improv® and the Director of ImprovAbility.

Alana lives in Georgina with her husband and son.



IMPROVABILITY

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Social Improv\* Workshops  
One-to-One Coaching  
Presentations



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## Social Improv\*

Social Improv® is a program that uses improvisation and drama exercises to teach Social Understanding.

Social Improv® activities and games encourage self awareness, reciprocal interactions, building on and adding to what your partner is doing, telling stories, extending conversations and predicting what might happen next.

Operating since 2011, our organization has worked with Autism Ontario, Kerry's Place Autism Services, and Integrated Autism Consulting. We also offer our own workshops and camps to teens and adults with Asperger's and High Functioning Autism, among an array of other social learning challenges.

## SOCIAL IMPROV\* FOR TEENS

Social Improv® Workshop Cycles are eight weeks long. Classes take place once a week. Class sizes are 10 – 12 players maximum, supported by three Player Mentors. Our Mentors are trained in Social Improv®, to coach Players using supportive feedback and encouragement. All you need to participate is a willingness to openly work with others and a comfortable pair of shoes—we supply the rest!

Alana Shields Barker (The Second City, Toronto; George Brown Theatre School; Tarragon Theatre; Studio 58) leads the classes. Players finish the workshop cycle with a get-together on site.

### What's Covered?

- Social Improv® Basics
- Decoding the Hidden Curriculum
- How Our Conversation Shapes Our Messages
- Interpreting Non-Verbal Signals

Players are encouraged to “work out the bugs”, explore, experiment – and have fun!

**NEW IN 2017—Social Improv® for Adults!**

## INDIVIDUAL SOCIAL COACHING

### 1 to 1 ~ Goal-Specific ~ Timely

Social Coaching can increase Social Understanding for individuals who have difficulty with:

- Reading social skills and body language
- Setting and reaching Social Goals
- Accommodating changes in scheduling and environment

We serve adults and teens with a variety of social needs. Many of our clients have Autism/Asperger's, ADD/ADHD, OCD, NVLD or a combination of these.

We also have clients who do not have any formal diagnoses but have encountered social and communications gaps in their lives which they want to address.



Presentations and Seminars

Contact Us for Details