



TEAM BUILDING

FROM

CAROLE CONSULTING



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Learn more:

[Read Harvard Business Review article on the value of improv for team building.](#)

PREP THE TEAM FOR 2020

I've worked as a marketing professional in Silicon Valley for more than 20 years. I've adapted my consulting practice to focus on energy coaching and team building. This half-day workshop has been designed for Silicon Valley teams from support to finance to marketing and everything in between.

"Accept the offer...the first step in collaboration."

Blending coaching tools with improv – yes, comedy – this half-day workshop is guaranteed to get people moving, talking and laughing. Introverts don't need to panic, my partner, Eileen Woodward and I know how to break the ice and help people feel comfortable.

When improv and coaching come together, you get:

listening | energy | spontaneity | creative problem solving
trust | self-awareness | impact on others | cooperation
observation | intention-setting | validation | laughing

Workshop customized to meet team priorities.

We'll meet with the team leader ahead of time to identify opportunities for improvement and to address any individual needs. Our goal is it help both leaders and team members succeed and setting upfront objectives makes sure you get what works best.

About us

Jennifer Carole brings the business side with an MA in strategic communication and is a certified life coach. She's worked for B2B and B2C companies and has either been a leader or worked with leadership to help large and small companies alike. She loves coaching and improv and has a relentless sense of humor.

Eileen Burke Woodward has a bachelors in both business and communication. An introvert to teaches improv, Eileen started out in the US Air Force as a cryptologic linguist. She is an exceptional communicator with strong project management skills, but mostly, she knows how to put people at ease and help them find their inner confidence.

Let's talk! Call or email for additional information.