

**December 16, 2017**

**Improvisation for MORE this Year!**

**Say "Yes, and..." to 2018!**

**Achieve MORE "Internal Fitness and Confidence"**

**Presented by Grif Sadow**



This experimental workshop will help open you to MORE possibilities while creating connection with others AND having fun in a non-threatening skill-building environment...

- MORE...Risk and taking chances
- MORE...Going with the flow
- MORE...Staying in the present
- MORE...Creating fresh ideas
- MORE...Thinking on your feet
- MORE...Expressing yourself full

Grif Sadow, Principle Strategist and Activator at Grow Into More Institute, LLC has more than twenty years' experience helping people achieve their goals through his work as a coach, theater director, and educator. His successful teaching and mentoring of young people and adults in the arts provided a springboard of energy, creativity, and enthusiasm which led to and informs his coaching practice.

Grif's practice, The Grow Into More Institute, offers personal and professional coaching and leadership services to individuals, corporations, and communities with an emphasis on coactive coaching. He focuses on clients who are looking to minimize stress and burnout while creating more comfort in their life. Grif is a professional certified life and leadership coach through the International Coach Federation and the Coaches Training Institute

Grif is an accomplished stage, film, and commercial actor, director, improver, and educator. Grif was for under and lead consultant for TheatreReferences, where he provided artistic, educational, administrative and technical support to a wide range of arts organizations and academic institutions.

He is also a certified laughter yoga leader, member of the Educational Theater Association, and the Theatre Coordinator for Stillwater Area High School and Community.