Matt Young

IMPROV WORKSHOPS FOR TEAMS
MELBOURNE AND INTERSTATE



Teams that listen, adapt and speak up.

Hands-on improv workshops for teams of up to 60. Your people practise the skills in the room, then a debrief ties each exercise back to their own meetings, clients and projects.

They listen properly

People hear the whole idea before they answer, then build on it. In meetings, with clients and in brainstorms.

They adapt on the spot

They stay useful when the plan changes: a curveball question, a client who pivots, a meeting that stalls.

They speak up

The quieter half of the room joins in. People float ideas out loud and back each other.

THE QUESTION EVERY MANAGER ASKS

"Will my team find it cringe?"

Nobody has to perform or be funny. Every exercise is opt-in, I read the room the whole way through, and self-described introverts tend to leave glad they came.

> **"He was engaging, entertaining and made everyone feel comfortable, even in a typically uncomfortable situation (at least for us introverts)."**

Rian Newman
Senior Account Director + Brand Experience, ImpactInstitute

WORKED WITH Humanx impact institute

Most Outstanding Workshop Instructor 2023
Teaching improv since 2019 · 300+ students

Pick a workshop

MATT YOUNG · TEAM WORKSHOPS

Think on Your Feet

CONFIDENCE AND PRESENTING

For teams who present, pitch or run client meetings.

Your people practise speaking without a script, recovering from a stumble without spiralling, and holding the room when a question comes out of nowhere.

Listen, Then Build

COMMUNICATION AND COLLABORATION

For teams who talk past each other, or whose clients need to feel heard.

Your people practise hearing the whole idea, building on a colleague's suggestion instead of competing with it, and getting a stalled conversation moving again.

Comfortable with the Uncomfortable

CONNECTION AND CREATIVITY

For offsites, step-away days and new teams.

Your people get to know each other fast, try ideas out loud, and see what each person brings to the team. Built to be gentle on introverts.

Prices

	UP TO 25 PEOPLE	26 TO 60
90 minutes	$1,400	$2,000
Half day, 3 hours	$2,200	$3,200
Full day	$3,500	$4,800

AUD. Melbourne travel included; interstate travel billed at cost. Book three or more sessions within 12 months and take 15% off each. Over 60 people: ask for a quote.

How it works

1. A free 30-minute call about your team and your day.
2. A suggested shape and a fixed quote within two working days.
3. The workshop, then a one-page recap your team can keep using.



You work with me directly

I'm Matt Young. I've performed comedy since 2013 and taught improv since 2019, mostly at The Improv Conspiracy in Melbourne. In 2023 I was named Most Outstanding Workshop Instructor. Before comedy I spent seven years as a teaching assistant, so I plan each session like a lesson and debrief it like a coach.

Book a free 30-minute call

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