



# LAUREN MALARA

COMIC.  
FACILITATOR.

## SERVICES OFFERED

Customized improv  
comedy workshops.

## IMPROV IMPROVES

Team work  
Communication  
Creativity  
Adaptability  
Leadership  
Public Speaking  
Focus

## CONTACT

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## ABOUT IMPROV

Improvisation is the comedic art form of performing with out preparation. To efficiently work together, improvisers use the concept of "Yes and." This means they accept the contributions of others and build upon them. Improv fosters an environment that is collaborative and innovative.

During this fun workshop participants will play Theater Games created by renowned educator Viola Spolin. All exercises engage students to have both a theoretical and practical understanding of improv.

## ABOUT THE INSTUCTOR

Lauren Malara is a proud New Orleans native. She currently teaches Comedy Studies at her alma mater, New Orleans Center for Creative Arts. She has taught and performed for the famed Second City and acted as Training Center Manager of ComedySportzChicago.

In addition to her passion for educating, Lauren regularly headlines comedy shows throughout the city. She produces and hosts The Variety Show, a celebration of local New Orleans' talent. This past summer she headlined at The Black Girl Giggles Festival and in 2017 she was named The Funniest Person in New Orleans.

## TESTIMONIAL

*"For any leaders out their looking to reinforce teamwork skills and create a fun way of engaging you team, Improv is the ultimate teamwork event. Lauren's class focuses on teamwork, communication, accountability, contributing to success, recognizing team members, and of course having fun while you do it."*

- Steve Leblond  
VP of Technology - CTO  
Ochsner Health System