

BRAVESPACE



KRISTY WEST

Certified Applied
Improv Practitioner,
Soft Skills & Team
Development Educator,
and Event Facilitator

- IMPROV
EXPERT
- KEYNOTE
SPEAKER
- CORPORATE
TRAINER

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-Cox Automotive



MEET KRISTY

Kristy West is a Certified Applied Improv Practitioner, Speaker, and Founder of BraveSpace. She has been performing and teaching improv for nearly two decades, helping companies such as **Home Depot**, **Mailchimp**, **Bank of America**, and **Cox Automotive** apply the principles of improvisation to create more collaborative work environments.

Along with her improv experience, Kristy spent over **15 years in B2B Sales and Corporate Training**. She now blends her unique experience in improvisational comedy, corporate sales, and training to help others practice critical communication skills and team building in a brave space.

Read more about Kristy's applied improv methodologies on the **BraveSpace Blog**: bravespacebiz.com/blog/



Click to See Kristy & The BraveSpace Team in Action!



THE BRAVESPACE DIFFERENCE

The Space Where Brave Skills are Built!

BraveSpace utilizes the methodology of improvisation to create highly interactive, fun, learning experiences, focused on skill building and team development. Whether teaching a team to be better communicators or providing the skills to boost collaboration and creativity, BraveSpace programs teach people how to respond effectively in the most challenging, unforeseeable moments. This is the BraveSpace superpower, and no other training can provide this level of skill-building expertise.

BRAVESPACE SUPERPOWERS DEFINED:

- Develop Collaborative & Inclusive Teams
- Drive Business Innovation & Creativity
- Master Soft Skills & Communication
- Energize Corporate Conferences, Seminars & Events



BRAVESPACE PROGRAMS

BraveSpace programs are always designed with the client's needs in mind, delivering an entertaining, interactive and engaging learning experience, no matter the theme or format. The length of a typical program ranges from 3 hours to a full day and can accommodate large or small groups. The BraveSpace team of experts will assist in selecting the appropriate program and theme to meet your needs!



LIVE SKILL-BUILDING WORKSHOPS ■ ■ ■

Think about the biggest challenges within your organization or team. What skills are lacking most and what are your biggest pain points? Is it an inability to collaborate effectively? Is it a lack of soft skills like active listening, empathy and trust? Or maybe it's a lack of strong sales or leadership skills? Whatever the struggle you're facing, a live skill-building workshop will equip participants with the techniques needed to develop and refine business soft skills through live practice, in real life situations.



INTERACTIVE KEYNOTES ■ ■ ■

Are you planning a kick-off meeting, seminar, conference or large company event? BraveSpace keynotes are similar to live skill-building workshops, only tailored to larger audiences and typically presented from a stage. BraveSpace takes your event theme and designs a customized program, whereby participants are fully engaged in small group exercises right from the comfort of their seats.

BraveSpace facilitators provide an experience that uniquely combines learning with performance, incorporating live demos, improv exercises, small group challenges and custom scenes to engage, entertain and further the learning experience.



TEAM BUILDING SESSIONS ■ ■ ■

Team building sessions are designed to help teams explore ways to communicate and collaborate on higher levels. When team members have strong relationships with one another, it creates a happier, more productive workplace culture. Through improv-based exercises, group challenges and debriefs, participants are able to refine their skills and practice improved communication in real time.

Team building sessions explore the concepts of busting silos, cross-collaboration, innovation, inclusivity, problem-solving and critical thinking. These sessions prove an excellent choice for bringing teams closer together and building trust amongst participants. Teams leave the session with real-life tools and techniques for solving problems and creating solutions together.

POPULAR PROGRAM THEMES

Collaboration & Teamwork	Empathy & Trust	Active Listening
Inclusive Cultures	Accepting Failure	Thinking on Your Feet
Executive Presence	Leadership Development	Creativity and Innovation
Human to Human Sales Skills	Train the Trainer	Giving/Receiving Feedback



CLIENT TESTIMONIALS

“Unique, thought-provoking, engaging experience that surprisingly offers insights anyone can and should leverage in the workplace.”

- AutoTrader Group

“This is probably one of the most useful and “sticky” trainings I’ve had. It combined fun, concentration, feeling vulnerable and self-reflection all in one. The BraveSpace team was simply amazing. There was not one dull moment, they kept us excited, curious and engaged the entire time. The way they related the exercises to corporate application was very clever and not in your face. It resonates and stays with us much better than a boring PowerPoint presentation with bullets that don’t have staying power. What I liked the most was that we all got outside of our comfort zone and were comfortable with being uncomfortable AS A TEAM. This made us feel closer to each other, understand each other better and realize that we’re all humans with emotions and not just corporate robots.”

- Research Manager, Cox Automotive

“Kristy and team were outstanding; they came highly recommended and outperformed our expectations. They seamlessly wove humor and business to coax our attendees into participating in the exercises. Our attendees left with a better understanding of how to roll gracefully with the punches of unexpected circumstances in business. I would totally recommend them and am looking into ways to have them back at a future CURT event.”

- Director of Conferences, Construction Users Roundtable

“In regards to the team building event, I can’t say enough how much my team and I enjoyed it. We found it fun and relevant, the activities helped us connect more and communicate in a creative way. The team felt that the activities reinforced the skills that we use as trainers, The Brink Improv team were engaging and personable. One team member said “the activities were engaging and provoked insightful conversation about our brainstorming process.” Our team was “injected” with positive energy. We would be happy to use your services again!”

- Training Director, Georgia State University

“I would highly recommend. We had the pleasure of having them at our 2014 Sales and Operations Kick Off in February. They entertained our teams with hilarious comedy. They were able to entertain and train our team at the same time. The feedback from our team was WE WANT MORE!! Thank you to Kristy and her team, you exceeded our expectations.”

- Vice-President of Atlanta Operations | Hire Dynamics

LET’S GET BRAVE!

To book Kristy and The BraveSpace team for your event, reach out today.

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