

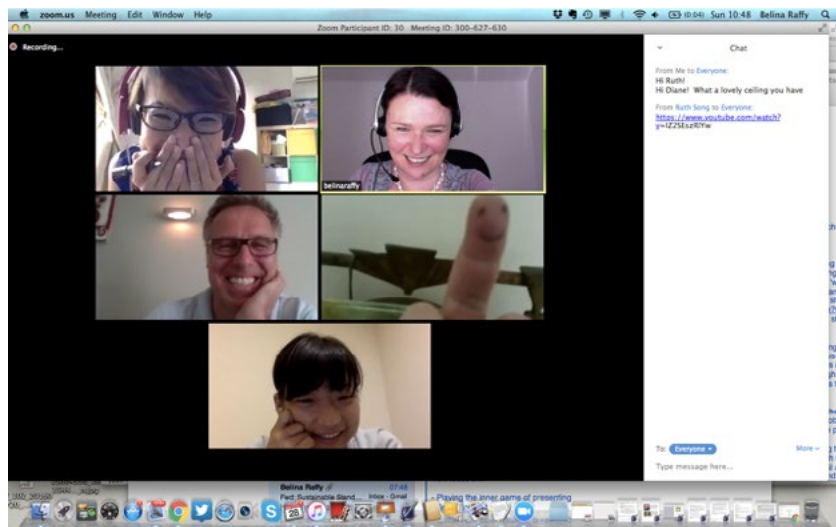


Sustainable Stand Up

Stand Up for things that matter

*A course designed to help you
Speak your truth, Engage your audience,
and Save the world.*

www.sustainablestandup.com
www.facebook.com/sustainablestandup
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A screenshot from an online Sustainable Stand Up course.



Belina & participants from the Baltimore SSU course.

Powerful ideas that inspire people

Just being alive, and in the world, contains many challenges - many of them created by people. If we can laugh at our challenges, we can start to address these challenges in better ways.



Improvisation

Improvisation skills help us to be engaging, responsive, and confident presenters, even when we are afraid. These skills also help us to think about ideas in new, creative, and more sensory ways.

Skills you will gain / improve:
creative thinking skills,
interpersonal skills with your audience, adaptability skills.

+



Stand Up

Stand up skills help us to write and refine our ideas for maximum impact, and to present our ideas to the world in one of the most powerful and irresistible ways possible - humor.

Skills you will gain / improve:
problem-solving skills, advanced writing skills, oral communication skills

+



Stuff that matters

Stuff that matters is the content that you are invited to bring. It is what you deeply want to be talking with the world about.

Skills you will gain / improve:
artistic skills, logical thinking skills and perceptual skills in relation to what you care about.

Testimonials from previous participants



"The concept is beautiful...the ability to learn the art to articulate very tricky, boring, serious stuff in a fun way is definitely a skill to have... I love the approach - it is very inviting."
-Darshita Gillies



Click to see her whole testimonial.



"Sustainable Stand Up was for me a transformative training experience... learning some really important stuff about ourselves. ...if you possibly can... for yourself, for loved ones, for the world and let the real you stand up."
-Dave Hampton



Click to see his whole testimonial.



"I wish it would never end. It's been lovely. Great!"
-Gabriele Malik



Click to see her whole testimonial.

What is Sustainable Stand Up?

Sustainable Stand Up exists to nurture a transformative, smart, and loving form of stand up comedy that enables people to share with the world content that matters to society and life on earth, and in a deeply funny, personal, and engaging way.

If we can laugh at something
in a connected way, we can change it.



If we're too scared to even look at the situation, it will keep going. There is a lovely quote, '*when we change the way we look at something, that thing changes*'. When we can belly laugh at a situation or idea that has previously scared us, and feel connected to those around us in a positive way, then we can start to move forward together as a local and global community to make better choices.

Sustainable Stand Up wants to work with anyone doing good in the world, and to help them do that better by equipping them with the ability to use a style of humor that connects, inspires and engages. This comedy is not coming from an ego space - it is coming from the heart space. It is designed to be healing for the comedian and for the audience. Infuse yourself with love not fear.

What do we learn in the course?

1

- > Connect with others in delightful ways
- > Articulate your passion
- > Don't try to be funny

2

- > Making beautiful choices
- > Aiming for average
- > Being a great audience for each other

3

- > Playing the inner game
- > Being present
- > Connecting authentically about you and the world

4

- > Noticing body language
- > Discovering your comic persona
- > Making a plan for if we forget

5

- > Addressing when we are 'leaking fear'
- > Removing superfluous information
- > Rehearsing

6

- > Laughing at our fears
- > Rehearsing our sets
- > Being nice & open even when we are nervous



Price for the ***in-person course*** is £325 per participant. This includes **12 hours of lessons** (6 x 120 min) and a **show** at the end of the course.



Price for the ***online course*** is £225 per participant. This includes **7,5 hours lessons** (6 x 75 min) and two 15 min sessions of personal communications coaching.



Price and details for an ***in-company course*** are available upon request. Please contact us via email: connect@maffick.com.

WANT SSU IN YOUR LIFE?
CLICK HERE!

Who are we?



Belina is the founder/director of Sustainable Stand Up project, as well as the founder/director of **Maffick**, and works closely with people in organisations around the world, guiding them to be more adaptive, resilient, innovative, delightful and resourceful humans. She began her stand up and improv in 1996 through classes and performances in New York City, continuing her studies at the Loose Moose School of Improvisation. She performs in Baltimore, NY, London and Berlin, and has recently spoken on stage in front of 8,000 people during the **Symphony of Peace Prayers** at the base of Mount Fuji. She is on the Board of the global Applied Improvisation Network. She is writing a book on 'Using Improv to Save the World (and me)'. Follow the progress on **Facebook**.



Steve is a geek comedian and founder of **Science Showoff** and **Bright Club**. He's trained hundreds of people to be funny about science and hosts gigs all over the UK where clever folk get to make funny for the first time. He is often a guest teacher at the London Sustainable Stand Up workshops, as well as host MC for the London shows. Steve helps teach London courses.