



# Be less Petty & Play

Because when we play... We make space to remember that everything is actually okay!

A seriously FUN experience in human connection

## ABOUT US:

Be less Petty uses improv and comedy to help people navigate real-life challenges with more JOY, ease, and perspective. Through humor and reflection, we turn everyday experiences into opportunities for clarity, lightness, and intentional responses without ignoring the reality of what people may be facing.

## WHY YOU SHOULD... BE less PETTY & Play:

Life is heavy, uncertain, and constantly shifting. Research shows humor reduces stress and increases cognitive flexibility. Play and improv create space to think clearly, adapt in real time, and respond with intention vs habitually reacting. In today's social climate, we need PLAY more than ever.

## OUR SERVICES:

(Available in Full & Half-Day Options)



### IMPROV FOR ADVOCACY & CONFIDENCE

A workshop to build confidence, communication, and self-advocacy skills through interactive improv exercises rooted in real-life scenarios.



### COMEDY BASED SYSTEMS TRAINING

Using comedy and improv to strengthen decision-making, communication, and collaboration in high-stakes, complex systems.



### JOY CENTERED WELLNESS PROGRAMMING

Creating a JOY driven experience that support reflection, nervous system awareness, and intentionality daily habits.



### CUSTOM WORKSHOP DESIGN

A tailored, audience-specific workshop that aligns with your organizational goals and real-world challenges.

## ADDITIONAL SERVICES:

### Content & Thought Leadership:

Creating original content and frameworks that explore joy, behavior, and self-awareness as tools for growth and lasting connection.

### Keynote Speaking & Comedic Talks:

Engaging, insightful talks that blend humor and storytelling to inspire behavior change and new perspectives rooted in JOY always.



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