AMSTERDAM COMEDY STUDIO

CORPORATE TRAINING & IMPROV WORKSHOPS

PROGRAM CATALOG

AGILITY TRAINING

Pivot, Don't Panic

The Ultimate Agility Training

We use the core tenets of improv to teach radical collaboration. What happens when a client changes the project scope for the fourth time in a week? You could cry in the supply closet, or you could adapt. This session teaches your team to stop treating unexpected pivots like a personal attack and start treating them like comedy gold (or at least, manageable tasks).

LEADERSHIP SKILLS

Stop Circling Back: How to Lead Without Annoying Your Team

No-BS Leadership

Stripping away the fluff to build authentic authority. Great leadership isn't about hiding behind corporate jargon or a wall of PowerPoint slides. It's about presence. We rip away the fluff to build authentic authority, teaching your leaders how to command a room, give direct feedback without being a jerk, and finally stop saying "let's take this offline."

TEAM BUILDING

Introverts & Extroverts: An Unlikely Love Story

Organic Chemistry

Fast-paced, low-stakes interactive sessions where silos melt and your introverts and extroverts actually bond without it being weird. Let's be honest: your tech team and your sales team speak entirely different languages. This workshop forces your department silos to melt away through fast-paced, hilarious interactions where introverts and extroverts can bond without anyone being forced to share their "inner child."

FEMALE EMPOWERMENT

Sorry, Not Sorry

The Unapologetic Edge

High-energy sessions tackling imposter syndrome, negotiation, and taking up space. It's professional development with a side of validation. A high-energy, zero-apologies session tackling imposter syndrome, negotiation, and the art of stop apologizing for existing in a meeting. It's professional development with a side of validation, giving women the tools to advocate for themselves without the corporate sugar-coating.

PRESENTATION SKILLS & PUBLIC SPEAKING

Speak Up, Stand Out: Commanding the Room Without Needing a Megaphone

This workshop is the ultimate antidote to boring decks and stage fright. Whether you are pitching a venture capitalist, speaking at an annual conference, or just trying to get your team to look up from their laptops during a status update, this session gives you the tools to command attention from the second you step up to the mic.

OPTION A: GROUP DYNAMIC

A fast-paced, highly interactive, laugh-out-loud workshop where team members practice on each other in a zero-judgment zone.

OPTION B: 1-ON-1 VIP COACHING

A deep-dive executive clinic tailored to a specific upcoming keynote, board presentation, or high-stakes pitch. We tweak your delivery, trim your deck, and bulletproof your confidence.