



# Discover & share your truth

BELINA'S IMPROV WORKSHOPS



This set of workshops focusses on  
different aspects of discovering and sharing your truth,  
be it through a nice form of humour,  
setting good boundaries,  
or expanding your confidence  
to include a broader,  
more delightful way to express your life.



# Introduction to Sustainable Stand up

## STAND UP FOR THINGS THAT MATTER



Would you like to **speak more engagingly and confidently** about the things **you care about**? Are you a playful person who likes to make their friends laugh? Are you tempted by stand up comedy but want to **try it in a safe, supportive environment**? You're going to love this workshop!

'Sustainable Stand Up' is designed for anyone who is doing good in the world and wants to learn a **nice, engaging form of stand up comedy**. We focus on humour coming from the 'I'm OK, you're OK' space. Whether you want to speak more powerfully on issues that matter to you, build your confidence and presence while presenting, write more engagingly, or dabble in a possible stand up career - this course will help you. **No experience of stand up or improvisation is necessary.**

### In this workshop, you will:

- with our support, develop your own 3-5 minute set of stand up material
- practice connecting with the audience in delightful, powerful and generous ways
- introduce good mic and presentation techniques
- explore positive ways to deal with failure and the unexpected
- at the end of the course, showcase your set live on stage in a theatre

Friday 15th: 19:00 - 21:00

Saturday 16th: 10:00 - 18:00

Sunday 17th: 10:00 - 16:00

Stand up Show Sunday 17th: 20:00

Venue **Kult 3000 / Pritličje**

Location **Ljubljana, Slovenia**

Tickets [Click!](#)

Info [belina@maffick.com](mailto:belina@maffick.com)



# Introduction to Sustainable Stand up

## WORKSHOP OVERVIEW

### START

Venue **Kult3000**  
Start **19:00**

### Friday evening

Connecting with others in delightful, powerful ways.

Articulating something you're passionate about.

Don't try to be funny.

Supporting each other to do the extraordinary.

### FAST

2 hours + dinner time  
(dinner not included)

### Saturday

Going on a treasure hunt for content.

Practice being a great audience for each other.

Mastering the "inner game" of presenting.

Refining our body language.

Writing, practicing and refining your 3-5min set.

### INTENSE

8 hours including lunch time  
(lunch not included, lovely places near by)

### Sunday

Practicing and refining your set.

Exploring ways to rebound quickly and joyfully from failure.

Engaging with the unexpected.

Learning good mic technique.

### JOYFUL

6 hours including lunch time  
(lunch not included, lovely places near by)

### SHOW

Venue **Pritličje**  
Start **20:00**



# Women Only

## IMPROV ON AND OFF THE STAGE



This is a **safe, supportive, testosterone-free** environment where we can examine how to make **beautiful choices for ourselves** in the craft of an often male-dominated improv scene, and in life. The ability to **discover your inner voice** and to share it in a compelling way are foundational tools of leaders and change agents.

In this interactive workshop, we will focus on creating a safe, supportive, women only environment that will allow vulnerability.

### Specifically, we will explore how to:

- Learn to trust your ideas
- Overcome your inner critic
- See yourself as a creative, self-confident person
- Set healthy boundaries in a 'yes, and' environment
- Overcome performance fears and find your authentic funny voice
- Expand beyond typically endowed characters (eg. mothers, wives and girlfriends, housekeepers)

Monday, 18th of July

From 13:00 - 17:00

Venue Kult 3000

Location Ljubljana, Slovenia

Tickets [Click!](#)

Info [belina@maffick.com](mailto:belina@maffick.com)



# A Beautifully Improvised Life

## SKILLS FOR DELIGHTFUL & POWERFUL HUMANS



Tuesday, 19th of JULY  
From 10:00 - 18:00

Venue **Kult 3000**  
Location **Ljubljana, Slovenia**  
Tickets [Click!](#)

Info [belina@maffick.com](mailto:belina@maffick.com)

Life is an emergent, often co-created process full of surprises and adventures... and unexpected disasters. How we respond and engage with life makes all the difference.

### In this workshop, we will practice how to:

- be present and really listen to our own ideas and to those of other people
- navigate unfamiliar and emergent situations
- trust your ideas and share them with others, even when you are nervous
- use your inner critic as a friend and not as a block
- respond to the unexpected with grace and good humour
- co-create delightful

As this is a public course, the exact outcomes will vary depending on an individual's need, experience and openness to this course. **Examples of specific outcomes include** (but are not limited to):

- Increased confidence, ease, and engagement when facilitating business meetings or workshops
- The ability to try new things which lead to increased fulfillment at work or in life
- The ability to make unique contributions which help others
- Increasing the amount of creativity and enjoyment in your job
- A willingness to go on new adventures and expand your life experience
- Less arguments and more fun with your significant other and family



## WHO IS BELINA?

Belina Raffy is the Master Collaborator and Empress of [www.maffick.com](http://www.maffick.com), 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 [<http://fujideclaration.org/soulofwomen/>]. She is on the Board of the global Applied Improvisation Network.

She is Founder & Director of Sustainable Stand up, lectures at business schools worldwide and is writing a book on 'Using Improv to Save the World (and me)'. She holds an MBA from Cranfield University in England and has studied with some of the most renowned improvisers in the world. She started studying and applying improvisation skills to work. Skills which help us to navigate uncertainty, co-create deeply. Her work is increasingly exploring how we might totally transform our organisations so that we (and the organisations we are in) serve life beautifully. Belina believes improvisation is vital for what the world is facing now – and it is her passion to spread these mindsets, practices and skills as much as possible, as well as to support others who do this with breathtaking ability. Belina spends most of her time teaching social entrepreneurs and business people improvisation skills to bring about more delightful, sustainable forms of business.



# TICKET PRICES

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|----------------------|--------------------------|
| Sustainable Stand up | 300,00 EUR / 220,00 EUR* |
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| Women only | 100,00 EUR / 60,00 EUR* |
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| Beautifully Improvised Life | 160,00 EUR / 120,00 EUR* |
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| Sustainable Stand up + Women only | 360,00 EUR / 240,00 EUR* |
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| Women only + Beautifully Improvised Life | 220,00 EUR / 150,00 EUR* |
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| Beautifully Improvised Life + Sustainable Stand up | 370,00 EUR / 280,00 EUR* |
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| Sustainable Stand up + Women only + Beautifully Improvised Life | 500,00 EUR / 320,00 EUR* |
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\* Prices for Ex-Yu countries (BiH, Croatia, Macedonia, Serbia, Slovenia)