

# Fun at Work

Play Your Way to Better Mental Health

by

Lauren Stein

“a narrative of improv practice that is funning, engaging, and insightful”

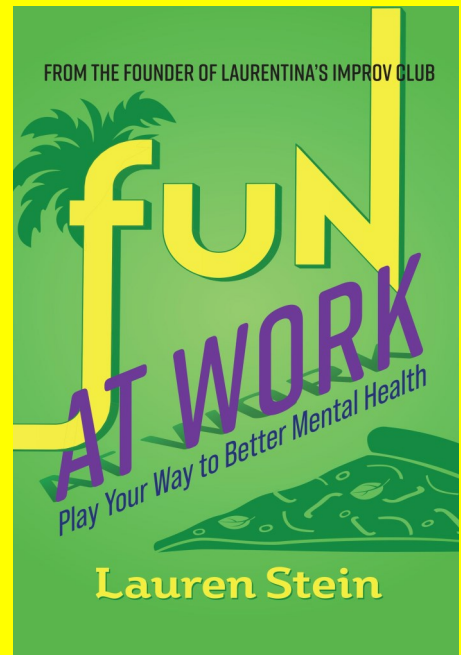
Jeffrey Sweet, author of *Something Wonderful Right Away: An Oral History of The Second City and The Compass Players*.

Improviser Extraordinaire Lauren Stein leads eight co-workers of a Toronto tech firm through explorations in improv, ranging from simple games to multi-character plays, asking them to journal their responses. Meanwhile, the author becomes pleasantly surprised by the effect this has on her world. Follow Lauren’s journey of development in confidence, self-perception, balance, and empathy. Everything you need to know about the history of improvisational theatre, and comparative theories in therapy and theatrical healing, is artfully told between accounts of the six sessions. Discover the findings of Lauren’s original research presented in an accessible, amusing manner you will not soon forget.

### About the Author

Lauren Stein has been improvising all her life. She shares her craft as a performer, teacher, writer, speaker, improv therapist, Hebrew Priestess, and Sacred Fool. She holds Bachelor’s degree in Drama; Associate of Trinity College of London in Speech and Drama, and Master’s in Expressive Arts Therapy. She has been teaching improv since 2008. Lauren firmly believes that more gets accomplished when people are having fun. Lauren loves helping groups and workplaces improve their flow and morale through light-hearted yet game-changing fun. She now runs The Slightly Better Theatre Group. Learn more and contact her at [SlightlyBetter.ca](http://SlightlyBetter.ca)

To schedule an interview or request a review copy, contact [Arboretum Press](http://Arboretum Press)  
[www.arboretumpress.com](http://www.arboretumpress.com)



BINDING: PAPERBACK

ISBN: 978-1-9992101-8-2

EXTENT: 182

PRICE: \$C 20.00

CATEGORIES:

SELF-HELP / Personal Growth / Success

BUSINESS & ECONOMICS / Motivational

PERFORMING ARTS / Improvisation

PUBLISHER:  
ARBORETUM PRESS

DISTRIBUTION:  
LIGHTNING SOURCE