**Resources for LIVEN UP YOUR NEXT VIRTUAL MEETING WITH APPLIED IMPROV from Nancy Settle-Murphy (nancy@guidedinsights.com)**

 **& Izzy Gesell (izzy@izzyg.com)**

*Articles:*

[Seriously, Here’s How Improv Techniques ﻿Can Liven Up Any Virtual Meeting (guidedinsights.com)](https://www.guidedinsights.com/seriously-heres-how-improv-techniques-%EF%BB%BFcan-liven-up-any-virtual-meeting/)

[Energize Your Next Virtual Meeting! (guidedinsights.com)](https://www.guidedinsights.com/energize-your-next-virtual-meeting/)

[It’s Not the Improv, It's the Improvisor](https://izzyg.com/2019/02/28/its-not-the-improv-its-the-improvisor/)

*Games, Books, Links & Stuff:* [Virtual Facilitation Tips & 4 Games](https://docs.google.com/document/d/1YlxMx1bH-xNR9WVMEttHlDjycW-SN8seY9JTsshuLYE/edit?usp=sharing)

[Lots of Applied Improv Games](http://www.improvgames.com/category/applied-improvisation/)

[Playing Along: Book & Card Deck by Izzy Gesell](https://izzyg.com/product/buy-both-the-book-and-the-improv-deck/)

[LinkedIn Learning- Leading with Applied Improv by Izzy Gesell](https://www.linkedin.com/learning/leading-with-applied-improv)

[The Playbook: Book by William Hall](http://www.improvgames.com/the-playbook-improv-games/)

[Improv Wisdom: Book by Patricia Madsen](http://improvwisdom.com/index.html)

[Sign up for Izzy's Newsletter](https://izzyg.com/)

[Sign up for Nancy's Newsletter](https://www.guidedinsights.com/)

[LinkedIN- Nancy Settle-Murphy](https://www.linkedin.com/in/nancysettlemurphy/)

[LinkedIn- Izzy Gesell](https://www.linkedin.com/in/izzygesell)

*Articles on the Neuroscience of Improv:*

[How Improvisation Changes the Brain | Psychology Today](https://www.psychologytoday.com/us/blog/play-your-way-sane/201910/how-improvisation-changes-the-brain)

[Study: This Is Your Brain On Improv | TIME.com](https://healthland.time.com/2011/01/20/study-this-is-your-brain-on-improv/#:~:text=Study%3A%20This%20Is%20Your%20Brain%20On%20Improv.%20The,has%20been%20linked%20to%20planned%20actions%20and%20self-censoring%2C)

[The Mental Health Benefits Of Improv: How Making Things Up Together Helps Us Deal With Reality | by judetrederwolff | Medium](https://judetrederwolff.medium.com/the-mental-health-benefits-of-improv-how-making-things-up-together-helps-us-deal-with-reality-99f13854db46)

[Improv Boosts Creativity and Psychological Well-Being | Psychology Today](https://www.psychologytoday.com/us/blog/play-your-way-sane/202005/improv-boosts-creativity-and-psychological-well-being)