

**“Never allow a crisis to go to waste.  
They are opportunities to do big things.”**

**Rahm Emanuel,  
White House chief of staff**

Whatever you call it — a recession, a depression, or a string of profanities — it’s clear that our world is going through some pretty profound changes. Whether we’re “lucky” enough to have a job (and the pressure that this moment adds to it), or we’re among the newly (or not-so-newly) unemployed, we keep hearing that times like these provide enormous opportunity for innovation, reinvention, and new possibilities. How can we make the most of the creative potential of this chaotic, confusing, and uncharted time? **Performing Your Way Through a Recession** can help.

# Performing Your Way Through a Recession

## How to grow when the future is impossible to know.

In **Performing Your Way Through a Recession**, you’ll learn to use your ability to improvise (we all have it, but it’s often under-utilized) to *perform your life* in new and creative ways. Through growth-oriented theater exercises, challenging improvisational roleplays and group coaching, **Performing Your Way Through a Recession** provides a creative and focused space to break out of your own box, make powerful connections with others, and perform in new and surprising ways.

**Why performance?** In this unpredictable environment, there are no “best practices.” “Figuring out” what to do is not an option. But as the actor, director, and producer of your life, you gain access to powerful creative tools for moving forward and consciously *building* with and through these most challenging times.

**You’ll be able to:**

- Break out of outdated ways of acting and thinking that hold you back
- Socialize and work with your fear and confusion about what’s going on in your (the) world
- Rehearse new kinds of conversations, leading to more productive, collaborative, and successful relationships

**Performance of a Lifetime** has been helping people perform their lives since 1996. Using the tools and framework of theater and improvisation, we put individuals and organizations on stage — both literally and figuratively — and provide high-impact learning and growth experiences in the areas of innovation, leadership, teaming, communication, diversity, and more. Our clients include Booz Allen Hamilton, PricewaterhouseCoopers, The Johns Hopkins Hospital, Microsoft and HSBC, among others.

**For information about  
upcoming sessions, email  
[info@performanceofalifetime.com](mailto:info@performanceofalifetime.com),  
or call 212-343-2884.**

**PERFORMANCE OF A LIFETIME™**

