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The new book by the founder of **The Engaging Educator**, who has improved communications skills for employees at such organizations as **AirBnb, Food Network, Viacom, Google, MOMA, Uber, Etsy, UCLA, Duke University, The New York Times, Saks Fifth Avenue, Eileen Fisher, Charity: Water, W Magazine, TimeWarner Cable, New York University, FarFetch, Kickstarter and CBS.**

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Jen Oleniczak Brown

THINK ON YOUR FEET

Tips and Tricks to Improve Your Impromptu Communication Skills on the Job

Get out of your own way!

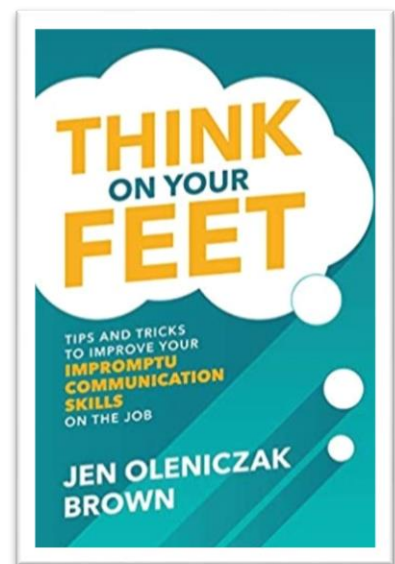
Our professional lives are full of situations outside of our control. A job interviewer asks a question out of left field. A coworker puts you on the spot in front of the boss. Your PowerPoint presentation crashes at a critical moment.

Most people react to the unexpected with anxiety and unease. We get rattled, stumble over our words, and overthink the situation. Others, though, handle it with self-assurance and aplomb. They gain a sense of empowerment and energy when the pressure is on.

Like great improv actors, they're able to think on their feet.

The great thing is, improv isn't about winging it or flying by the seat of your pants; improv at its core is about listening and responding. It's based on rules and techniques, and it taps directly into your soft communication skills. By incorporating it into your prep work for professional situations, you'll learn how to retrain your brain for the unexpected and get out of your own way in those unexpected—and expected—professional situations. Practicing improv isn't about being funny. Instead, it's about developing the mental agility to spin any surprise in your favor and to communicate with confidence.

Filled with engaging improv activities, this interactive guide will ensure you never come away from a tough moment pondering the woulda, coulda, shoulda! again. You'll learn how to nurture your personal style for communicating in every professional situation. From effective listening in the office, giving presentations, and leading meetings to negotiating a raise, acing an interview, and more, you'll start communicating with confidence and stop letting the unexpected hold you back. Take your workplace communication—and your career—to the next level by mastering the art of *Thinking on Your Feet*.



ABOUT THE AUTHOR



Jen Oleniczak Brown is the founder of The Engaging Educator (EE), a women-owned and operated company dedicated to helping people find their unapologetic, authentic and best voice, communication style and self through improv-based education. Since 2012, EE has served over 50,000 students, working with such companies as Viacom, Food Network, The New York Times, Saks Fifth Avenue and CBS. EE is based out of NYC, LA, SF and Winston Salem, NC. Jen's work can be

found in publications including *Bustle*, *Fast Company*, *Forbes*, *Moneyish* and others.

Aside from her entrepreneurial endeavors, Jen has done three TEDx talks on the power of improv, including one TEDxWomen on uplifting and elevating women.

A firm believer in the idea that Yes, And can change the world – so firm it's tattooed on her arm, Jen's personal mission is to empower as many women as possible to stop playing small and know their incredible supernova powers. She currently lives in Winston Salem, NC with her husband Alex, dog Drumstick, and about two-dozen houseplants.

Talking points:

- The importance of attending to your audience
- Leading a meeting and leading in a meeting—and how to excel at both
- How to master networking and small talk—no matter how introverted you are
- Tips for preparing yourself for those “impromptu” moments

Visit Jen online:

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PRAISE FOR JEN OLENICZAK BROWN AND THINK ON YOUR FEET

“Think improv is just for comedians? Think again! Improv is about knowing where you are in the moment and being able to pivot to find what works. Jen Brown’s book *Think on Your Feet* will help you and your team develop these skills to be successful in every business situation.” — Wendy Dailey, Talent Advisor, Sanford Health

“Before reading this book, I was never one to study or practice for anything, especially when it came to communicating. I just figured that because I have the gift of gab, no practice was necessary. Sheesh, was I wrong! After being in numerous situations where the spotlight came to me unexpectedly, I can appreciate this ‘bible’ on perfecting your impromptu speaking and communications skills. I’ve always been one who commanded attention with only my voice, but with Jen’s humorous yet intentional insight on how to maneuver in any situation, I can now command attention with intention!”—Maleeka T. Hollaway, founder of The Official Maleeka Group

“Too often fear of saying the wrong thing holds us back from our achievements. This book provides the tools and mental hacks to help you communicate confidently. Jen Brown’s unique incorporation of improv frameworks and exercises are not only wholly effective, they’re wildly engaging. This is a must-read for anyone looking to improve their communication skills.”—Katie Kapler, CEO of CourseHorse

“*Think on Your Feet* is both super readable and relatable. It blends the best of a fun improv class with the career guidance books we devour because they set us straight. Jen’s account of how best to apply improv basics to work and life moments bring a fun perspective and approach to age-old concerns. I fully recommend this book to anyone hoping or plotting how to get ahead with the next phase of their lives. Improv or scripted, Jen’s explanations and samples of common professional moments make any scenario relatable, so that you’ll feel prepared and ready.”—Eileen Cannon, Senior Director, Content + Curriculum, PBS

“Jen Brown offers a refreshing new way of looking at human interactions and to ourselves. Everyone who aspires to become a more engaging and thoughtful communicator should follow Jen’s ideas to bring a bit of improv to their lives. A must-read for college students!”—Aída Martínez-Gómez, PhD, Coordinator, Spanish BA and Certificates in Legal Translation and Interpretation

“Jen offers a way to break through one’s preconceived notions and learn how to *really* collaborate with other people. She teaches how the reality that is created by using improv techniques in our conversations is powerful and can help to manifest the change that each of us desires, in work and in life!”—Ashley Knight, Program Coordinator, HR, Wake Baptist Health

“Through multiple real-life examples and suggested activities to guide the reader, Jen’s enthusiasm for applying lessons from improv to communication is very evident.”—Jill Schiefelbein, founder, The Dynamic Communicator

“Jen Brown not only makes improv accessible, she also weaves in lessons of empathy and strength. This is a read, learn, apply book. I’ve learned a new language that I already see sneaking into several conversations, and, more importantly, into my actions.”—Travis Sheridan, Global Director, Venture Café

“*Think on Your Feet* is a self-improvement book that teaches you how to apply the brilliant lessons of improv to your daily life. As an HR professional, I know a thing or two about sensitive conversations and this book is filled with advice on how to master even the most difficult of conversations. Jen offers a wealth of great tips, fun tricks, and exercises and shows you how to work them into your day-to-day. ‘Yes, and’ I’ll be recommending this book to my whole team.”—Jessica DeGrado, HR People Partner, Atlassian