



# SECOND CURVE

## CHRIS GRIMES FACILITATOR & COACH

Chris Grimes is an experienced Communication Skills Consultant, Facilitator, Executive Coach & Key Note Speaker. He is a graduate both of the **Central School of Speech & Drama** in London and of the **Bristol Old Vic Theatre School**.

He has worked in the Corporate arena - across all levels of seniority, with individuals, teams and with large audiences - for the last 20 years.

Alongside his coaching & facilitation work, Chris is also Artistic Director of the highly acclaimed Comedy Improvisation Company, **INSTANT WIT**.

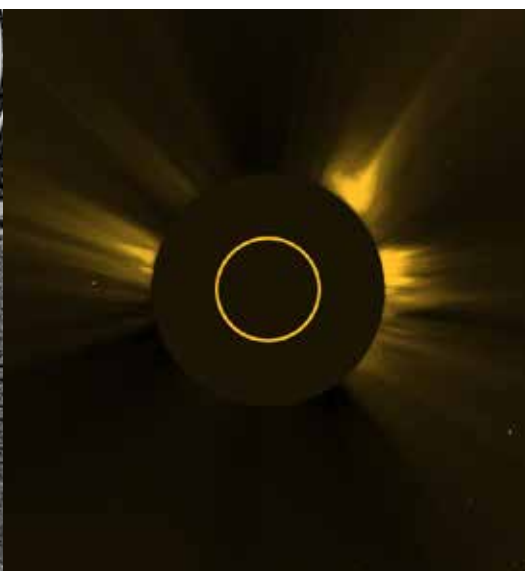
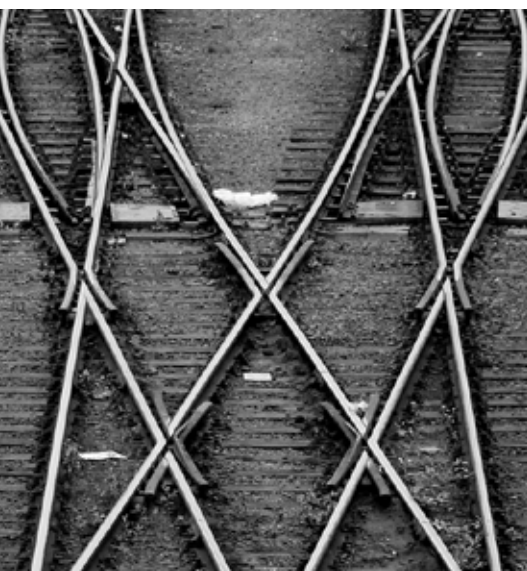
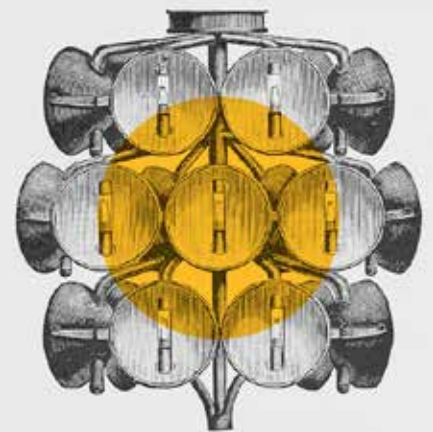
He frequently runs **Comedy Improvisation Masterclasses** to explore the underlying technique and enjoyment of Comedy Improvisation, along with its powerful **"yes and..."** mindset to decision making & creativity.

As a trained actor, teacher and comedy improvisation performer, Chris draws on all 3 performance disciplines to inform his engaging, innovative and powerful approach to Personal Impact coaching.

His passion is using the art of **Storytelling** to help leaders project themselves with a strong sense of energy, clarity and authenticity.

He specialises in **Presence & Personal Impact: How to become the best that you possibly can be as a communicator**.

*In the last 2 years alone, Chris has coached more than 300 people and his work has taken him to - amongst other places - New York, New Delhi, Kampala, Johannesburg, Paris, Prague, Geneva, Singapore, Bangkok, Hong Kong, Frankfurt, Vienna, London, Edinburgh, Manchester & Birmingham.*



## SPECIALITIES PERTAINING TO PERFORMANCE COACHING & TRAINING

*Personal Impact; Executive Presence; Leadership; Leadership Storytelling; Emotional Intelligence & Relationship Building; Team Working; Personal Brand; Self Advocacy; Networking; Influencing; Public/ Keynote Speaking & Presentation Skills; Comedy Improvisation Masterclasses.*

My all time comic hero is **Stan Laurel**. He was the first comic actor and 'vaudevillian' that really made me laugh. I was 7 years old and living in Uganda at the time - and I've been grateful to Stan Laurel for the positive influence that he brings ever since.

As an inspiration, compass and as a general 'style guide' to my approach as a Facilitator & Coach, Stan Laurel reminds me to keep it **funny** and engaging - to keep it **clear** and accessible - and above all else, to keep it **kind**, underpinned by generosity, humility and warmth.

In a series of my own **Second Curves** I have trained as an Actor, as a Drama & Voice Teacher and as a Comedy Improvisation performer.

Comedy Improvisation in particular has helped me to develop an acute listening ability, which translates directly into my work as a Coach.

In a show context, I listen intently to the other performers around me, as we shape and build together a completely improvised show, based entirely on audience suggestions. We work together in a heightened positive atmosphere of spontaneity, team-working and trust.

Also, as a performance discipline, Comedy Improvisation is underpinned by its powerful **"yes and..."** mindset and attitude to decision making and creativity. This mindset not only encourages true spontaneity when I'm working with individuals and groups - it also helps me to keep things positive, present and future focussed - which again is very helpful when Coaching & Developing people.

And the Bish-Bash-Bosh of what I do is:

**I help you to communicate better. And I make people laugh...**

*(Plus I could probably beat you at Ping Pong!)*

**THERE ARE FEW PEOPLE THAT HAVE THE KIND OF IMPACT THAT LEAVES YOU STIRRING FOR A LONG TIME AFTER. CHRIS GRIMES IS ONE OF THESE INDIVIDUALS. HIS COURSES ARE FILLED WITH GOOD HUMOUR, INTELLECT AND THOUGHT PROVOCATION.**

**LEADERSHIP COURSE FOR BARCLAYS**

**THE BEST TRAINING I'VE EVER HAD! IT WAS RELEVANT, HELPFUL, INTERESTING, COMPELLING, FUN AND VERY WELL DELIVERED. LOOKING FORWARD TO THE 1:1 SESSION!**

**"TRUSTED ADVISOR" PROGRAMME FOR WEBGAINS**

**THANKS AGAIN FOR HAVING MADE SUCH A POSITIVE, PIVOTAL CONTRIBUTION TO MY PRESENTATION TO THE SENIOR LEADERSHIP OF J.P MORGAN AT THE FLORIDA OFF-SITE. YOUR SUBJECT MATTER EXPERTISE AND ABILITY TO INJECT HUMOUR INTO CRITICAL FEEDBACK WAS HIGHLY EFFECTIVE AND LED TO A MUCH WARMER, INTERACTIVE AND PERSUASIVE EXPERIENCE FOR THE AUDIENCE.**

**GLOBAL HEAD - MANAGING DIRECTOR - J.P MORGAN**

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OTHER PROJECTS

**Working Voices**

**Vox Coaching**

**Fresh Air Learning**

**Instant Wit**

