

TOPHER BELLAVIA

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Improv for seniors promotes laughter, connection, and creative thinking in their purest forms.

EXPERIENCE

- Taught, coached and performed improv for thirty-five years
- Conducted teamwork training programs for twenty-five years
- Founded the Washington Improv Theater Training Program
- Facilitated hundreds of classes with thousands of DMV students

IONA Senior Services

Spring 2019 – Present

Wrote and taught courses for senior citizens to spark mental, physical and emotional health. Conducted classes in-person and online. Created and taught a class in “positivity” to help people feel more personally fulfilled and connected with their emotions

- Ongoing Weekly Improv Class (Winter 2022 – Present)
- Eight-week Online Improv Course (Spring 2020 – Fall 2021)
- Eight-week Improv Courses (Spring 2019 – Winter 2020)
- Past and Current Classes: “Reading Plays,” “Reading Movie Screenplays,” “Reading Sitcoms,” “Create a Film in Three Classes,” and a Weekly “Monday Movie Night! Film and Discussion.

Rockville Senior Center

Fall 2022 – Present

- Quarterly “Improv and Positivity Four-week Course”

Benjamin Gaither Center

Spring 2023 – Present

- Quarterly “Improv and Positivity Workshop”

Workshops

- Holiday Park Senior Center, Silver Spring
- Congress Hts. Senior Wellness Cntr, Ward 8
- Washington Senior Wellness Cntr, Ward 7
- Fort Steven’s Senior Center, Ward 2

Presentation

- “Creative Event Planning” MRPA Senior Summit Break-out Session

REFERENCES

Gayathri Aluvihare (Benjamin Gaither Center), Mykal Lee (IONA Senior Services), Michelle Chite (Rockville Senior Services)

EDUCATION

BA with Honors in Theater Direction, Wesleyan University, Middletown, CT

Certified Vendor in Montgomery & Prince George’s Counties

OTHER WORK

University of MD School of Nursing

Standardized Patient (Baltimore, MD)

- Research and study conditions and symptoms of illnesses
- Portray geriatric patients to counsel medical professionals on senior-focused best practices

Washington Improv Theater

Managing Director (2007–2011)

- Prepared budget for training, audience and marketing programs
- Training and Classes Program - Increased annual income by 142%
- Managed contractual faculty of 63; dramatically increased staff's racial and gender diversity
- Trained and supervised teachers and teaching assistants
- Patron Program – Increased annual show income by 231%
- Marketing Program – Increased expenses by 7%
- Expanded weekly email list by 341%
- Developed Volunteer Program of 189 volunteers using online software to track hours and duties

Only Connect Coaching

Personal, Corporate and Group Improv and Creativity Trainer (2011–present)

First Responder Training

- Co-created workshop replicating disasters to teach effective team responses
- Coach improvisation to citizens and first responders so that they can be alert, ready, connected, focused and able to move forward quickly to solutions in stressful situations

Corporate Training

- Write curricula on creativity, leadership, communication for corporate clients
- Facilitate workshops for companies such as KPMG, PayPal and USAID

Personal Presentation, etc Training

- Evaluate video examples of past creative work, create personalized challenges, and establish future growth plan for scripted performance, improvisation, storytelling and public speaking
- Coach via phone, online and in-person improv
- Provide individual written and verbal feedback to monitor future creative development

Group Training

- Create curricula and execute ongoing training for performance groups of stage performers
- Provide individual written and verbal feedback to monitor and encourage development of clients

Creative Experience Overview

- Actor – Improvised, scripted, film, commercial, storyteller, singer, dancer
- Director – Variety show, film, theater, improvisational formats
- Designer – Multimedia, pre- and post-production photography; stage production
- Writer – Speech, copyediting, stage, fundraising, grant proposals, newsletters, web content, film