Stand Up Comedy for Confidence: A Delightful Approach
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Abstract
Our current culture would like to convince us that perfection – in our appearance, our intelligence, our possessions, and our relationships – is not only possible but mandatory. Thankfully, comedy celebrates imperfection! This experiential workshop will bring together a group of people willing to laugh at themselves and the world around them. Through a series of exercises, prompts, and time performing at the mic, students will learn to accept and appreciate their imperfections, strengthening contentment, creativity, and community.

Faculty Biography
Judith Shelton is a faculty member in the USC School of Dramatic Arts. She is a stand-up comic, improviser, storyteller and writer. She has performed at The Improv, Laugh Factory, Upright Citizens Brigade, Dynasty Typewriter, and The Comedy Central Stage. In 2015 Judith was the Artist-In-Residence with Barrel of Monkeys in Chicago. In 2016, Judith was a developmental contributor for the Laughing Matters exhibit, examining women in comedy. Currently, she presents her award-winning improvised talk show RELATIONSH!T, which has been playing in LA since 2008, and offers a workshop, “Gather the Good”, focusing on finding joy and value in the unique gifts and unpredictable life of the performing artist. Judith has appeared on several network television shows, including Seinfeld and The Middle, and many national commercials. Online Judith has acted in various webseries for WhoHaha, Soul Pancake, and Buzzfeed. She has also been a guest on some terrific podcasts, including This Feels Terrible with Erin McGathy and Getting On with James Urbaniak. Please visit judithshelton.com for more information.