

JAY SUKOW
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PROFESSIONAL SUMMARY

I am an experienced and passionate improv teacher who genuinely believes that if everyone took one improv class, the world would be a better place. Improv transforms lives. I have taught at top improv theaters around the world, including The Second City, iO, ComedySportz, Westside Comedy Theater, Impro Neuf, Barcelona Improv Group, Die Affirmative, and Improv Comedy Copenhagen, where I was the Artistic Director and Head of Training. Taught and performed at festivals including BIG IF, CIIF, New Orleans Comedy Festival, The Chicago Improv Festival, The Del Close Marathon, Edinburgh International Festival, Detroit Improv Festival, Queen City Comedy Festival, Vintage Improv Festival, Compass Improv Festival, Camp Improv Utopia, and many more.

QUALIFICATIONS

33 years professional theatrical improvisation and sketch comedy performance
31 years teaching improvisation
26 years teaching sketch comedy

EXPERIENCE

Today Improv 2013-present
Teaches both virtually and live in person, classes ranging from one person to 16. Designs and implements learning sessions for corporate events ranging from Diversity and Inclusion summits to New Hire Orientation. Created a training center curriculum for hundreds of students, focusing on individual needs. Registered students, organized class rosters, secured classroom space as well as liability insurance.

Gilda's Club 2020-2024
Taught weekly virtual improv class for Gilda's Club, a community organization for people with cancer, their families, and friends.

Freelance instructor 2001-Present
Designs and facilitates lessons in sketch and improv comedy delivered both live in person and also over various virtual platforms, with students from throughout the world, including Hong Kong, Shanghai, Norway, Philippines, Canada, the UK, Sweden, South Africa, Latvia, Germany, and New Zealand.

Improv Comedy Copenhagen 2018-2019
Artistic Director and Head of Training, Improv Comedy Copenhagen. Oversaw the student and performer experience. Taught hundreds of students from around the world classes in improv and sketch comedy. Created curriculum for eight levels of classes in improv and sketch comedy. Trained and mentored faculty and performers. Planned and facilitated teacher and performer meetings, including auditions. Created and distributed virtual marketing materials through various social media accounts. Created original programming within preset budgets. Directed performances. Helped produce and manage the 2019 Copenhagen International Improv Festival. Ensured the highest quality experience for customers, students, and staff. Performed as part of The ICC All-Stars, The ICC Short Form team, and on various long-form teams.

The Second City Hollywood 2016-2020
Designs and teaches classroom lessons and directs student performances. Taught classes in the improv and Conservatory program. Performed with their faculty's jam showcase.

Westside Comedy Theater 2016-2020
Teaches classroom lessons and directs student performances. Areas of concentration include character development, ensemble, various forms, and games. Ensemble member of the signature short form show, Mission Improvable, as well as their longform House team, Lucy. Producer and cast member of Improv Famous. Performed additionally in several shows and with various teams.

Second City Works 2014-present
Improv Facilitator and performer for corporate clients focused on empathetic listening, support, embracing change, and 'yes, and...'

The Second City Chicago 2010-2015
Designed and taught classroom lessons and directed student performances in Beginning Improvisation, Improv Immersions, Improv Intensives, and Improv for Actors. Areas of concentration include character development, ensemble, various forms and games. Auditor for Conservatory and Coached Ensemble auditions.

The Riot Act 2004-2015
As Co-Owner/Creative Director, designed and facilitated improv workshops for corporate clients focused on listening, engagement, brainstorming, storytelling, ensemble building, and thinking differently. Also performed improv and sketch comedy at various meetings and events.

iO Chicago 2003-2008
Created, facilitated, and directed classroom lessons and coached several improv teams. Head of the Harold Committee, responsible for auditions, creating improv teams, and show scheduling. Planned and facilitated teacher and performer meetings, including auditions. Taught classes in beginning improvisation, ensemble work, silent scene work, character development, and long form styles, including their signature form, "The Harold"

ComedySportz Chicago 1994-1996, 2003-2006
Ensemble member who also taught improv workshops and classroom lessons for the premier short form improv theater.

Workshop Facilitator 1994-Present
Leads workshops using improvisational philosophies for a diverse range of clients across multiple industries from health care to non-profit. Clients include PepsiCo, Netflix, McDonalds, Baxter, International Trucking, Deloitte, AbbVie Pharmaceutical, Kaiser, Yahoo! UK.

The Second City Northwest 1992-1994
Transformed our original student graduation revue "Got Your Back" from three nights to a weekly run that lasted over a year, followed by a weekly performance of "The Best of the Second City Northwest."
Mentor for organizations including Room2Improv, Improve It!, and Improv Comedy Riga

EDUCATION

The Second City: Stephen Colbert, Steve Carell, David Razowsky

iO: Del Close, Charna Halpern, Jon Favreau, Kevin Dorff

Other: Keith Johnstone, Dick Schaal, Liz Allen, Jeff Michalski, Mick Napier

- BA in Mass Communications and Economics, Illinois State University, 1992