

# REAL WOMEN PROFILE

BY MEGAN AULT REGNERUS

## Known for her work with Broad Comedy and Equinox Theatre Company, Katie Goodman now adds book author to her resume

**W**hile one might describe Katie Goodman as an actress or comedienne, those labels would fall short explaining what happens when genius meets seemingly ceaseless energy. And perhaps it's what Goodman is less recognized for where that genius is most apparent: her writing.

Broad Comedy's sharp-witted script that packs the house each season and keeps Goodman's troupe of hilarious women touring throughout the U.S.? It's all written by Goodman and her husband, Soren Kisiel, who is also co-artistic director of Equinox Theatre Company with her. YouTube music videos with titles including "Time to Say Goodbye to George W. Bush," and "Hummer Driving Man"? They're also written by the duo, and sung by Goodman, who rounded out her past theatre training with eight years of classical voice training.

But it's her latest project where her wise voice really shines: a book titled *Improvisation for the Spirit: Live a More Creative, Spontaneous, and Courageous Life Using the Tools of Improv Comedy*. Taken from her annual "Improvisation for the Spirit" workshops, the book explains the skills of improvisation comedy, and how to apply them to enrich everyday life. Lest potential readers think that the book is targeted just to people interested in acting, Goodman says, "It's not about learning to do improv, it's a self-help book, straight-up."

The book is full of real life stories from past workshops and Goodman's own life, all very human and humorous. The same sort of straightforward advice that landed Goodman several guest columns in *O, The Oprah Magazine* this past two years ("There will invariably be people who don't accept you. And in that case, you must be your own badass self, without apology...") is with readers each chapter, coaxing them to strip away unnecessary layers to lead more authentic, rewarding lives.

Asked whether she's run out of opportunities for growth in Bozeman, Goodman seems surprised by the question, says she and her family have no plans to leave — or quit creating from here. "Besides," she says, "We have (Equinox Theatre) camp here, we're never going to leave our camp!"

For more information about Katie Goodman's new book, workshops, past magazine articles, Broad Comedy, etc., visit [katiegoodman.com](http://katiegoodman.com). To see Broad Comedy's line-up of videos on YouTube, visit [YouTube.com](http://YouTube.com); then type in Broad Comedy on the search engine.



Balance questionnaire: Each month Balance presents our survey to a different woman who

**Q&A** contributes to the greater community in her own way.

**BALANCE:** What do you consider your greatest strength?

**KG:** Chutzpah. I'll call anyone and suggest to them why they should produce Broad Comedy in their theatre. Plus the chutzpah to hope what I think is relevant and funny is what a crowd of theatre-goers will think is, too. ("Hey, why don't we do a piece about vasectomies!")

**BALANCE:** What do you consider your greatest weakness?

**KG:** Chutzpah - sometimes vasectomies just aren't funny to some people... But hey, if you're going to live a creative life, you have to be willing to fail some times, otherwise it means you aren't taking creative risks.

**BALANCE:** Who are your heroes/role models?

**KG:** My parents (all 8 of 'em), Soren, the Broads, any artists who are on their 500th tour, my interns and staff and campers at my camp... good grief, most people I know. I am so impressed with how people tackle problems in their lives. I try to listen to everyone.

**BALANCE:** What is your favorite book?

**KG:** These days *In Praise of Slowness*, by Carl Honore. It totally changed the way I do everything... well, it changed the way I want to do everything. I think have to slow down enough to find the time to learn how to slow down. Hmm...

**BALANCE:** What is the key to balancing your roles in personal, family, career and health matters?

**KG:** Good god, do you know? Give me a call if you figure that out... I think time alone is key. It's really hard, particularly for women to give themselves time alone. We not only have responsibilities coming out our ears but we also actually like people and being around them. So when we take time alone we can feel guilt, but man is it time to get over that. Time for ourselves... If you need an excuse, then know that you can do a lot more for others if you take that time to meet your own needs. But really, can't we just do it cuz it makes us happy?

**BALANCE:** What is the best advice you ever used?

**KG:** "Read your own damn book, Katie." It was a bad week. We teach what we need to learn...

**BALANCE:** What is your dream job?

**KG:** I think I'm doing them, only it's like four of them. I think one at a time might be a nice change of pace.

**BALANCE:** What do you most want to change about yourself?

**KG:** My belief that I still need to change things about myself. Cheri Huber, my zen teacher says, that's the ego or your conditioning telling you that you're never enough or in my case, that you never do enough. I'm going to try satisfaction on for size. I'm not real familiar with it, so it should be interesting.

**BALANCE:** What do you do to relax?

**KG:** Actually, I am relaxed when I am rehearsing a show and performing. Seriously. Not the margarita-on-a-beach kind of relaxed, but the yes-the-world-is-good kind of relaxed. Happy and satisfied. Like I'm not fretting about existential questions when I've got a show going up. But I do also like margaritas on the beach... but, um, I chose Bozeman. So, perhaps tea with friends in front of the fire when it's 20 below?



photo by Greg Lemon