



TAKEAWAY MENU

Eran Thomson

12/3/21

WATCH IT AGAIN!



TAKEAWAYS...

Thank you for joining us for today's Cuppa with Eran. Here are some of the main takeaways we got out of today's session:

- Improv keeps you present and aware – and in the moment.
- The difference between auditing and editing
- The power that fostering an ensemble mindset has and how creating a supportive environment can be so amazing for you and the people around you
- We loved that funny story he told about falling on stage
- Using “Yes and” in conversations can help drive creativity, and despite how it sounds does not mean you have to give up your truth or always agree with someone...it just shows you are listening and have acknowledged the person you are talking to and are adding on to their thoughts to continue the discussion. Who knows where it can take you (and what ideas may land when you go on that journey!)
- Your take away challenge for today (or this weekend) is to use “Yes and” for one day and see what happens. Let us know how you go!

LINKS

- Eran's website is <https://eranthomson.com>
- The PowerProv website is <https://powerprov.com.au>
- Eran created the MOST amazing game - **Song Saga** about sharing memories through music.
- Eran's **blog** is a great read, and his wife is hilarious - read about the '**dyslexic**' stuff she says for a good laugh!
- You can have your own **NYC deli mug** too!
- You can follow Eran on **Instagram** & connect with him on **LinkedIn**
- Please post your biggest takeaway from today's session-tag **@eranthomson & @cuppaoflifecafe**

COMING UP - TUESDAY 16/3 @ 8.30am!



STEVE 'COMMANDO' WILLIS

REGISTER

'Steve 'Commando' Willis, joined the army when he left school and over the next decade served in the Australian Special Forces. In 2004, he left the army to launch a new career as a fitness professional and he became a familiar face on Australian TV during 8 seasons of Channel Ten's 'Australia's Biggest Loser'. In recent years Steve has actively pursued a path of self-awareness. Through a great deal of self-education, listening, learning & practising, Steve now readily admits he used exercise as a means of escaping reality. Years later, leaving behind the 'hard man of fitness' character depicted on The Biggest Loser, Steve has removed his 'body armour', learned to enjoy life and embraces mindfulness in everything he does.