

ENERGIZING

ENLIGHTENING

EXPERIENTIAL

ENTERTAINING

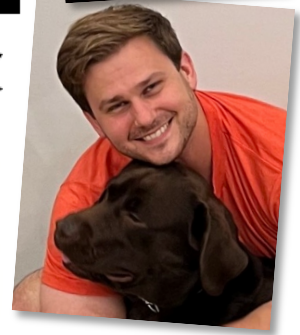
INTRAPersonal IMPROV



w/ Thom Rutledge & Brian Lutz

One fool-proof method for driving ourselves crazy is to attempt to be singular in nature, to have only one opinion or one feeling about something or someone. Knowing this one thought and/or this one emotion, I call myself sane. THEN WHY DO I FEEL SO CRAZY?

The nature of consciousness is multiple, not singular. We all talk to ourselves; we us just need to get better at it. —from *Simple Truth* by Thom Rutledge



Join Brian and Thom to confront the MYTH OF SINGULARITY head on – directly, honestly & with a sense of humor. Might as well have some fun while we're here, right?

BRING INTRAPersonal IMPROV TO YOUR
COMMUNITY, SCHOOL OR ORGANIZATION.

IN PERSON OR ON ZOOM

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w/ "IMPROV" in subject line