



TRAVIS THOMAS

ELITE PERFORMANCE COACH

MINDSET EXPERT

AUTHOR & FOUNDER OF *LIVE YES AND!*

RUNNING AT FEAR & ADVERSITY: Developing “Yes, And” Mindsets and Culture

Travis Thomas is a performance coach, author, and speaker. He has worked with the Marlins, Cubs, and Yankees organizations, as well as Georgia football, and numerous other youth and college teams, and schools. He has been doing improv comedy for 20 years and incorporates the principles of improvisation into his training and message. In this dynamic and interactive session, you will learn and experience the principles of a “Yes, And” mindset. Travis will share helpful and practical ideas and tools relevant to every aspect of your life from embracing adversity, becoming more resilient, and understanding how to nurture authentic and collaborative teams and cultures.

During this dynamic presentation, Travis will cover:

- the connection between having an individual and collective sense of purpose and the impact that has on overall performance
- the tools and principles needed to create a dynamic team culture which leads to an environment of trust, respect, and innovation
- how “Yes, And” mindsets drive effective communication, employee engagement, greater empathy, and thriving through adversity

NEW ORLEANS // APRIL 20-22, 2020

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