

#my3in30 Gathering of Takeaways Party Pack!



Here you will find ideas of what to say when inviting people and hosting your party. But it's so important to me that you take whatever creative liberty you want with it. I want this to reflect your strengths, and I can't wait to hear about what you did and how it went! Please share photos and/or videos!

Getting Started

Here's an example text to send out to friends if you need somewhere to start:

Hi! I'm planning a get-together that will hopefully be really unique and meaningful. It's called "A Gathering of Takeaways" and will be on ___(day, date)___ at ___(time)___ at ___(place)__. I love the podcast 3 in 30 Takeaways for Moms, and the host, Rachel, challenged listeners to identify their own 3 takeaways and share them with their friends. So each of us will come to the party prepared to share "3 takeaways" on any topic that affects our lives as women and mothers. This could be serious or funny, practical or theoretical--ANYTHING! (Examples: How to Get Dinner on the Table in 15 Minutes, How to Keep a Good Relationship with your Teenager, How to Take Good Photos with Your Phone, Three Children's Books that Teach Honesty, 3 Ways to Promote Sibling Bonding, etc. etc. etc.). I think it will be so cool to learn from each other. I hope you can make it on the ____. Let me know!

Planning

Are you a natural party planner? Or will it take a lot out of you just to put yourself out there and have people in your home? Somewhere in between? Again, take your strengths into consideration and do what feels right. If it's possible to delegate appetizers or fun decorations to anyone on the guest list, great. If you want to cook for everyone, great. If you all want to share Halloween-shaped Reese's treats and sit on the floor in your living room, great. Your guests will enjoy themselves if they know you are comfortable too.

Sample itinerary for the evening:

Welcome guests as they arrive, enjoy snacks, drinks, or chat until you are ready to begin.

Welcome guests again as a group and start with an icebreaker to get to know one another (if you don't already). For example:

- Each share your name and a high/low of the day
- Each share how motherhood/marriage has been compared to how you pictured it would be

Kick off by saying something like: "I'm so excited to learn from all of you. We're here to share three takeaways on any topic that helps us be a better or parent or person. Here's a notes sheets if anyone wants to take notes. I'll share first!"

Share your takeaways (remember, people love specific examples or stories to go along with your points!).

Go around the circle and have each woman share their takeaways. Be a gentle guide of this--thanking the person who just shared, asking further questions, encouraging others to comment on takeaways, etc. Keep the conversation gently moving.

Thank everyone for coming, saying something like: "Wow, I learned so much from everyone tonight. It takes bravery to share your ideas and experiences, and I really want to thank you for being here and making it such a special night."

And that's it! You did it! And hopefully created some memories to strengthen the sisterhood bond between women. THANK YOU so much for taking the initiative to bring women together and host an event.

Don't forget to share photos or videos with me! You can do this via Instagram @3in30podcast or email hello@3in30podcast.com. Also feel free to contact me with questions!

I am truly so very grateful to you for being a part of this community.

With much love,
Rachel

*On the next page you will find a **PDF of the notes sheet**. Print off as many copies as you will need for women to take notes. It may be efficient to print it 2-sided.*



3 TAKEAWAYS:

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