

Leader's Guide

Attitude:

Radiating Possibility!

with Ben Zander and Roz Zander

Sit in the front row of life.
Enter the dance!



Groh
Productions
It's your life. Invent the story.™



Attitude:

Radiating
Possibility.♪

Leader's Guide

Groh
Productions, Inc.

“Motivational ideas are like Chinese food...it’s very good and you just love it when you are having it, but then an hour later you find that you are hungry again.”

“This is NOT a motivational idea that merely excites people with a short burst of energy. This is a shift in focus to a new way of being, a new way of seeing, and a new way of contributing to the world around us.”

–Ben Zander

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About the Series

Real People, Real Stories™

Stories. What is it about a good story that makes us listen, laugh, participate and learn? What is it about a good story that makes us want to share our own? Good stories are vital to our lives. We have discovered that storytelling is an art, a new medium for learning. And it is not really new; it is actually the oldest way of learning there is. Although we can tell people what they might learn “this week” and preach lessons, offer analysis, and invent new jargon—when we invite them to discover a lesson within a narrative, they will remember it precisely because it was conveyed in a story.

The great teachers and leaders are often good storytellers. *Real People, Real Stories*™ is a new series, created by Groh Productions, which is built on experiencing and discovering the people and the stories that celebrate transformation, change, and learning. These stories create new kinds of conversations and experiences. Most of all, these stories invite us to reflect, learn, and experience the lesson precisely because they make us think about our own stories. We can invent any future that we can dream, because life is a story we invent as we go. We all have a story to tell. This series explores the storytellers who understand the power of narrative.

Katalina Groh, Writer and Executive Producer, Groh Productions Inc.

Katalina Groh has written, produced, and directed documentaries and independent feature films for the past fifteen years. As Senior Producer, she helped launch New World Entertainment's educational division New World Knowledge, where she developed, wrote, and produced award-winning educational programming. Her research at New World began to focus more on the adult learning, new narrative structures for educational programs, and the development of the new models for content structure that would create new kinds of conversations and experiences.

Real People, Real Stories™ • Groh Records Inc. • Groh Publishing LLC

Groh Productions Inc. produces and distributes learning programs, documentaries, books, feature films and live learning experiences in more than eighty-eight countries. In 2000, the writing, film and music collaborators at Groh Productions launched the original educational series, *Katalina Groh Presents, Real People, Real Stories*™, specifically designed to focus on the power and practice of storytelling and its potential to teach, transform, and inspire.

In 2006, Katalina launched Groh Records Inc., and Groh Publishing LLC to bring the storytelling experience of music and songwriters to a growing global audience, believing nothing can inspire more than great music that tells a story.

Visit Our Online Global Community

For more information about the power of storytelling, to see and hear film clips from global customers sharing knowledge and best practices, to view our educational film clips, or to hear original music visit us at www.grohproductions.com

Join our online community and receive special introductory film and record discounts made available to Possibility Members.

We look forward to hearing your reactions to our films or music . . . and to hearing your own stories.



About the Authors

Benjamin Zander

Ben Zander has been the conductor of the Boston Philharmonic since its foundation in 1979. He has appeared as a guest conductor with orchestras around the world, giving regular performances with the Philharmonic Orchestra of London, with whom he is recording the complete cycles of Beethoven and Mahler symphonies for Telarc Records. He has taught at the New England Conservatory in Boston for more than thirty years, runs music programs for young performing artists at the Walnut Hill School, and conducts and tours with the New England Conservatory Youth Philharmonic Orchestra. Born in England, Zander began composing at age nine, studied under Benjamin Britten and Imogen Holst, and trained as a cellist in Italy and Germany with cello virtuoso Gaspar Cassado. He received a degree from University College, London, and pursued postgraduate studies at Harvard and in New York on a Harness Fellowship.

For the past ten years, Zander has become a highly sought-after speaker to major organizations worldwide for his presentations on leadership, attitude and creativity. In 1999, he received the Crystal Award at the World Economic Forum in Davos, Switzerland, which honors internationally recognized artists who have also made an outstanding contribution to cross-cultural understanding.

Rosamund Stone Zander

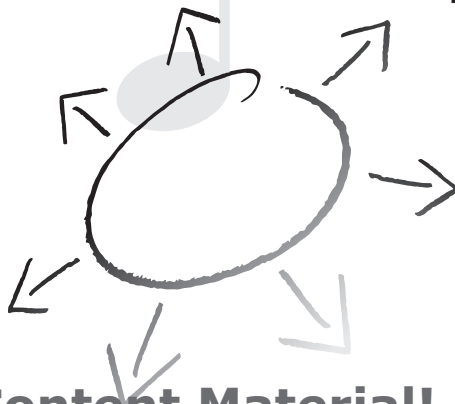
Rosamund Stone Zander, an executive coach and family systems therapist, develops models for leadership, relationship, and effective action. She proposes a theory of human development that promotes creativity as an essential adult capacity. Ms. Zander has designed programs for corporations as well as government agencies, and has conducted workshops in a variety of settings, including the Aspen Institute, the British Civil Service, Public Radio, and the World Economic Forum. A native of Cambridge, Massachusetts, her professional studies include a B.A. from Swarthmore College, graduate studies at the Bank Street College of Education, and an M.S. S. from Boston University's School of Social Work. She has held positions as a child therapist at the celebrated Master's Children's Center in New York City and as a supervisor and instructor in family therapy at the Kantor Family Institute and The Family Center in Somerville, Massachusetts. Ms. Zander currently coaches organizations to operate in possibility, and runs an Accomplishment Program that enables people to complete major projects. A gifted artist, she had her first one-person exhibition as a painter in 1981.

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“Music is the most powerful language ever devised by human beings. We’ve tamed music so that it is comfortable. Beethoven intended the fifth symphony as an attack—on complacency, on status quo, on the way people see things. He was shaking his fist at humanity. I want to wake people up to that spirit.”

-Ben Zander



Now New Bonus Content Material!

In addition to the original award-winning film *Attitude: Radiating Possibility* on this dvd ~ don't miss the all-new bonus content learning experiences filmed especially for the re-mastered newly digitized dvd!

Under the bonus section discover:

- Throw the pebble into the pond (Get started!)
- Identify where you stand, (and then) lead from the eleventh chair
- Stand in the limitless realm of possibility
- Expand yourself
- Take a risk
- Let go



Attitude:

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Preparation Materials

A Message to the Facilitator

This product was created to take the participant on a journey of discovery. It is important for the facilitator to realize that this is not a program where the facilitator has to be an expert in the subject matter. The facilitator will act as a conduit to help participants invent a new game, a game of contribution. In this game you do not measure yourself on a scale of success and failure. You simply make a declaration that you are a contribution whose extent you cannot know, and you go out and contribute. To help participants on their journey, we highly suggest you send a copy of the Program Overview (page 12) to participants when you invite them to the training. This will help participants understand the message behind **Attitude: Radiating Possibility!**

A powerful part of this program is that each participant will walk away with a renewed sense of ownership in his or her own behavior. This program is going to reignite passions within your participants. It is your job as facilitators to create an environment that will help participants feel as though they can think out loud and share their thoughts, their own stories, experiences, and ideas freely.

It is very important that the concepts of the program be effectively modeled for participants. Here are a few things to keep in mind when you are preparing your program.

- Make sure when you are facilitating this program that you speak from the realm of Possibility, directing discussions away from the downward spiral and towards a new future.
- Encourage people to come out of hiding, come up front and PARTICIPATE by distinguishing the back row and the front row (of your life.)
- Remember, if you make a mistake (the overhead doesn't work, you trip over a cord) throw up your arms and declare "How Fascinating!"
- Create an environment where participants contribute their own stories and experiences, so they can become a part of the song!
- Help them to invent a new game.

Suggested Agendas

Two session agendas have been provided to help guide you through your training session. You can modify these agendas to meet the needs of your participants. A blank agenda sheet is also provided if you wish to create your own agenda.

1½+-Hour Agenda

| | Time | Page |
|---|-------------|-------------|
| Introducing the Session to Participants | 15 | 14 |
| View and Discuss the Video | 45 | 16 |
| Break | 10 | |
| Participate! | 20 | 18 |
| Session Debrief | 10 | 29 |

3+-Hour Agenda

| | | |
|---|----|----|
| Introducing the Session to Participants | 15 | 14 |
| View and Discuss the Video | 45 | 16 |
| Break | 10 | |
| Participate! | 20 | 18 |
| How Fascinating! | 20 | 20 |
| Voice in the Head | 20 | 22 |
| Break | 10 | |
| Live in Radiating Possibility! | 20 | 24 |
| Invent a New Game | 20 | 26 |
| Session Debrief | 10 | 29 |

Note to Facilitator:

If you don't have time to do the three-hour agenda, we highly recommend using the self-study workbooks (we like to call it the **SONGbook**). These workbooks contain all of the exercises found in the three-hour agenda. Having the workbooks will allow participants to continue the learning and complete the exercises on their own.

Trainer's Personalized Agenda

You may wish to plan a session that is different from the agenda provided on page 9. Below is a blank agenda to assist you in outlining your session.

| | Activity | Time | Page |
|-----|----------|------|------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |

Facilitator's Checklist

Use this checklist to help you gather all necessary materials for the training session.

Meeting Preparation

- ☐ Determine your training objectives.
- ☐ Send the Program Overview (page 12) to participants prior to the program.
- ☐ Choose different ways to train to ensure transfer of information.

Location

- ☐ Create a relaxed environment.
- ☐ Make sure all seats have a good view of the visuals.
- ☐ Make sure there is enough light to take notes when participants view the video.
- ☐ Provide an adequate writing surface for participants.
- ☐ Check for good acoustics.
- ☐ Verify that your room is accessible and equipped for participants with disabilities.

Equipment

- ☐ Make sure the VCR is properly connected to the monitor.
- ☐ Make sure overhead is in proper working order.
- ☐ Test the VCR and check monitor for proper picture, color, and volume.
- ☐ Make sure the tape is rewound and ready to play before beginning your session.
- ☐ Check all other equipment for proper operation.

Materials

- ☐ Facilitation Guide
- ☐ Videotape ***Attitude: Radiating Possibility!***
- ☐ Paper and Pencils
- ☐ Additional Equipment

Program Overview

You know how when you are listening to music you love or when you're dancing, the worries and apprehensions of the day melt away and you feel part of something larger than yourself?

There is a reason for this. Music touches our emotions and reaches us on a visceral level. It quickens our pace, sets our feet tapping, and calls us to dance. Music draws us into a universal experience where we feel connected to all human beings. This is called transformation.

What if there were a way to step into that experience of aliveness and connection on an everyday basis? How powerful it might be to leave behind the anxiety and pressure that are part of the competitive mindset, and connect with others through their dreams and visions.

In our culture of measurement, most people develop habits that hold them back and slow them down; one is the fear that something will go wrong. Another is the voice in the head that says, "You will fail." A third is the assumption that other people aren't interested in what you have to say—that they are simply not on your team.

A vibrant world of possibility lies beyond these fears, habits, and assumptions. You can step there if you accelerate your pace of interaction, have courage in the face of fear, and *enter the dance*.

This is not a typical training video. You will not walk away with a process that claims to make all your problems disappear, but instead you will have the opportunity to discover that every human being is brought into the world Radiating Possibility! This program will remind you to keep that song going.

Ben and Roz assert that life is a story we tell, so we can invent our own story and tell it in a new way.

During this program you will learn about the following concepts:

- Sit in the front row of your life. Participate!
- When you make a mistake say: "How Fascinating!"
- Quiet the "voice in your head."
- Live in Radiating Possibility. Become part of the song!
- Invent a New Game: "I am a contribution." Ask yourself, "How will I contribute today?"
- Plus, remember to discover the six new content points in the bonus section!

Attitude:

Radiating Possibility!

Facilitator's Materials

Icon Key:



Ask and Discuss



Flip Chart



Read or
Paraphrase



Overhead



Video



Worksheet

Introducing the Session to Participants

Trainer's Instructions:

Time Required: 15 minutes

Materials Needed: Overhead 1, Program Overview

Objective: To emphasize the importance of the topic and introduce participants to each other in order to set the stage for learning.



1. Ask participants to introduce themselves and then introduce yourself.
2. Show overhead 1 and read or paraphrase the following to participants:

How are you today? (Wait for a response from participants—repeat some of their responses out loud.) The responses we get when we ask people how they are vary dramatically. Why is it that we don't all respond with resounding joy? Why is it that we don't jump up on the closest chair and shout "I am Fantastic!" (Demonstrate to participants if possible.) The answer is that most people have developed habits that hold them back and slow them down. One is a fear that something might go wrong. Another is the voice in the head that says "You will fail," or in this case it might tell you that people will think you've lost your marbles. A third assumption is

that other people aren't interested in what you have to say—that they are simply not on your team.

This program is going to transform you. This transformation is about being connected and alive. A vibrant world of possibility lies beyond these fears, habits, and assumptions. We can step there if we accelerate our pace of interaction, have courage in the face of fear, and enter the dance. During this program we are going to experience stories and discover the Zanders' practices that will reliably cause a shift in your whole way of being toward aliveness and productivity. You will discover the five steps to a great attitude:

1. Sit in the front row of your life. Participate!
2. When you make a mistake say:
"How Fascinating!"
3. Quiet the "voice in your head."
4. Sing the song of Radiating Possibility!
5. Invent a new game. I am a contribution!

3. Distribute a copy of the Program Overview to each participant.



View and Discuss the Video

Time Required: 45 minutes

Materials Needed: Video Discussion Questions, Video—*Attitude: Radiating Possibility!*

Trainer's Instructions:

Objective: To gain a better understanding of the key learning concepts and observe how they have been applied by Ben and Roz Zander.



1. Distribute the Video Discussion Questions. Ask participants to review the questions before they watch the video. Tell participants they will receive time after the video to fill out the answers to the Video Discussion Questions.

2. View the video, *Attitude: Radiating Possibility!*

3. After viewing the video give participants several minutes to fill out the answers to the questions, then discuss the following as a large group:

1. When Ben says, "Throw yourself into your life like a pebble in a pond and notice the ripples," what does he mean?

2. What does Ben mean when he says that we can choose every day whether we sit in the front or the back of the room? Look around the room...where are you sitting? Where do you usually sit? What did the majority of the people choose today?

3. What is a downward spiral conversation?
4. What does Ben suggest you tell the voice in the head when it starts in the downward spiral?
5. Ben tells a story about the roots of aspen trees. Ben says: "If that were a model for human beings how differently we would all behave." What does he mean by that?

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Participate!

Trainer's Instructions:



| | |
|--------------------------|---|
| Time Required: | 20 minutes |
| Materials Needed: | Overhead 2, Participate! Action Plan |
| Objective: | To identify areas where participants may have been holding back and create an action plan to participate. |

1. Show overhead 2 (Sit in the front row of your life. Participate!) and read or paraphrase the following to participants:

In the video, Ben asked his audience why people always sit in the back of the room. Why do you think people tend to stay to the back of the room? (As Ben does with his audience, encourage participants to come up with many fun responses.) Some responses may include the following:

- So you can get out
- So you can sleep
- So you can hide
- So you can run away
- It keeps you safe

Although sitting in the back of the room may provide a bigger perspective, keep you closest to the exit, and keep you safe—you are also the least likely to participate. We all have areas

of our life in which we wish we were more proactively participating. This exercise is going to help us determine what those areas are and what we can do to move from the back row to the front row of our life. In the video Roz states that we can hold a vision, have a purpose, and keep that purpose with us every day. We are also going to put some thought into what our purpose or vision is.



2. Distribute the Participate! Action Plan to each participant. Give participants 10-12 minutes to complete the action plan.

3. Read or paraphrase the following to participants:

This worksheet is just for you. It is an action plan to keep the momentum of this program going once you are back in your normal environment both at home and at work. It is important to keep in mind that once you throw yourself into the pond the ripple effects will continue into other aspects of your life as well. Make the choice to sit in the front row of your life. Participate! You now have a map so let your journey begin.

How Fascinating!

Trainer's Instructions:



| | |
|-------------------|---|
| Time Required: | 20 minutes |
| Materials Needed: | Overhead 3, How Fascinating! Worksheet |
| Objective: | To identify areas where we say we have failed in the past and determine what we have learned from the experience. |

1. Show overhead 3 (When you make a mistake say: How Fascinating!) and read or paraphrase the following to participants:

Ben tells us that if we want to be fully ALIVE and connected—then we cannot pay attention to our fears of making mistakes as they are an important part of learning and growing. Ben tells us that it isn't until we fail that we really learn something. He tells us that we can look at each mistake or failure as a learning experience. We can raise our hands, our eyebrows, and our voices and shout "How Fascinating!" Let's practice this response as a group before we go further because it is going to seem rather foreign to many of us. We are too used to beating ourselves up every time we make a mistake. So on the count of three we are going to stand, raise our hands, our voices, and our eyebrows high and shout "How Fascinating!"

Are you ready? Here we go...1...2...3..."How Fascinating!"

(If the participants respond with tepid enthusiasm, then say, "How Fascinating! Let me get more of my enthusiasm going and then we can try it again." But, if the participants respond enthusiastically, then continue.)

2. Distribute the How Fascinating! Worksheet and read or paraphrase the following to participants:

Ben tells us that one way of dealing with our mistakes is to distinguish that it is a game we are playing. When we make a mistake we say "How Fascinating" and learn to do things differently the next time around. On this worksheet you are going to list three mistakes that you say you have made in the last couple of months. Then, I want you to identify what you have learned from each of these "mistakes." Since we no longer pay attention to our fear of mistakes or care about looking silly as we try to do more, we can sit in the front row and participate!

3. Allow participants 10-12 minutes to complete the worksheet. Once participants have completed the exercise, ask a few participants to volunteer to share what they have learned. Respect those who wish to keep their material private.



Voice in the Head

Trainer's Instructions:



Time Required:

20 minutes

Materials Needed:

Overhead 4, Voice in the Head Worksheet

Objective:

To identify some of the downward spiral conversations and push the negative voices aside so that we can focus on what we want to DO.

1. Show overhead 4 (Quiet the voice in your head.) and read or paraphrase the following to participants.

Ben tells a story about how—when he is teaching a student—he has to deal with both the student and the “person standing next to the student” who is whispering statements of doubt and fear in the student’s ear. Roz told us that as a child fear is there for a reason. It can help us survive in chaotic situations but as adults we don’t need to give in to fear when we are having a conversation with another person. We can’t necessarily get rid of the voice in our head; however, we can choose how we respond to it. Ben suggests that when we hear the negative voice, we should turn around and say, “Thank you for sharing, but I’m busy.” Roz suggests that a way to quiet the voice is



to occupy oneself entirely with Contribution. Through Being a Contribution the force of the negative voice is overwhelmed instead of given the power to overwhelm us.

2. Distribute the Voice in the Head Worksheet and read or paraphrase the following to participants:

This exercise will help you identify when those annoying voices start in your head. We will identify those trigger situations so that when they occur you will be ready to thank them for sharing and focus on what is really important—your contribution.

3. Allow participants 10-12 minutes to complete the worksheet and then ask for a few volunteers to discuss what their trigger phrases are.

Live in Radiating Possibility

Time Required: 20 minutes

Materials Needed: Overhead 5, Radiating Possibility Worksheet

Objective: To give participants an opportunity to dream without obstacles or barriers in order to see their own radiating possibility.

Trainer's Instructions:



1. Show overhead 5 (Live in Radiating Possibility. Become Part of the Song!) and read or paraphrase the following to participants:

Roz tells us that the realm of possibility is all about dreams and in the dream world there are no barriers. The barriers aren't there because the dream world comes into existence as you speak it. Roz encourages to say, "What I dream, matters."

The state of possibility is a state that we all desire. Active dreaming is a passageway to possibility.



2. Distribute the Live in Radiating Possibility Worksheet and then read or paraphrase the following to participants:

This exercise is all about your dreams and what you want to accomplish and focus on. Take the next 10-12 minutes and write down your dreams. Create a vivid picture of something that you would like to accomplish. Then imagine it has already happened. For the next ten minutes describe your accomplishments that have already happened in all their details.

3. After participants have completed their dreams, read or paraphrase the following:

Whatever you have just dreamed has already started to come true. Embrace your dream, jump into the middle of it and participate!



Invent a New Game

Time Required: 20 minutes

Materials Needed: Overhead 6, Invent a New Game Worksheet, previous worksheets completed in program

Trainer's Instructions:



Objective: To identify what participants can contribute to their new game.

1. Show overhead 6 (Invent a New Game: I am a Contribution! Ask yourself: "How will I contribute today?") and read or paraphrase the following to participants.

Ben tells a story about sitting around the dinner table when he was a child. In this story he tells us that his father went around the dinner table each day and asked all the children what they had done that day. This caused Ben a tremendous amount of stress and anxiety because he never felt that he was doing as much as his siblings. This feeling of not measuring up and of not doing enough is very common in all of us. Although his father's intention was to motivate his children to be the best that they could be, Ben was greatly affected by this pressure. As a child, Ben was being asked daily to evaluate his own success, a habit which then continued throughout his life. The success game is a win or lose game. We can choose to

take ourselves out of the win-lose game and invent a new game of contribution. When we declare ourselves to be joined with others in contribution, rather than measured as a success or a failure, we discover a renewed sense of energy. We are instantly connected to something much bigger than ourselves alone. We feel more **ALIVE**.

2. Distribute the Invent a New Game Worksheet to participants and read or paraphrase the following:

Look back at the worksheets that you have completed so far. Look at the areas where you determined you would make a contribution if you moved from the back row to the front. Look at the dreams you have identified and all the opportunities that await you in your dream. Now ask yourself who, besides yourself, might benefit from the realization of your dream? Who could be enrolled in the possibility that your dream represents. Begin sharing your dream with others, for you will be asking them to be a part of something larger than either of you. You will both be energized and inspired to action. Take a few moments to identify a person or persons with whom you will share your dream tomorrow.





3. After participants have completed their worksheet, we highly recommend you read the following quotation from Ben Zander:

"If we can find what is the same about everyone and start from there, imagine what kind of world we could create. How can we make full life work so everyone can have it? Like the roots of the aspen tree—you see all these trees on the surface but if you go underground you will find that it is all one root. They all share the same roots. Now if THIS was a model for human beings how differently we would behave!"

—Ben Zander

Session Debrief

Trainer's Instructions:



| | |
|--------------------------|---|
| Time Required: | 10 minutes |
| Materials Needed: | Overhead 7, Posttraining Assessment, Session White Sheet |
| Objective: | To evaluate the effectiveness of the training. |

1. Show overhead 7 (Attitude: Radiating Possibility) and read or paraphrase the following to participants:

When you get back to your life after this program, remember the five steps to a great attitude. Participate fully in your life. Choose the front row. Celebrate and learn from your mistakes by raising your arms and saying, "How Fascinating." Quiet those voices in your head that say, "I can't do it!" Sing the song of Possibility. Live in radiating possibility. Become a part of the song. Live your dream and enlist others to become a part of your dream. Invent a new game—a game of contribution—a joyous, enlivening game where there are no winners and losers, only contributors.

2. Distribute the Posttraining Assessment and the Session White Sheet to participants.

Posttraining Assessment Answers

1. True or False. When Ben says, "Throw yourself into life like a pebble in the pond and notice the ripples," he means that your life will get significantly rockier and you will have a difficult time fighting against the waves.
2. True or False. Ben suggests one way of dealing with the pressure is to get that it is a game.
3. True or False. When you make a mistake you should say "How Fabulous!"
4. True or False. When Ben is teaching a student he realizes that he is really dealing with two people, the person performing and the "person standing next to the person" performing that is putting negative thoughts and fears in his head.
5. True or False. Fear is there for a reason when we are children, but for us adults there is little basis for fear in life, and little reason not to communicate openly with others.
6. True or False. Ben suggests that when you hear the voices in your head you should turn around and say "Shut up! You talk too much."
7. True or False. According to Roz, "Every time you speak of a dream, you are bringing it into the present and the world actually exists that way."
8. True or False. According to Ben, we can play a game in which we wake up every morning and say to ourselves, "I wonder how I will contribute today?"

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Participant's Materials

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Program Overview

You know how when you are listening to music you love or when you're dancing, the worries and apprehensions of the day melt away and you feel part of something larger than yourself?

There is a reason for this. Music touches our emotions and reaches us on a visceral level. It quickens our pace, sets our feet tapping, and calls us to dance. Music draws us into a universal experience where we feel connected to all human beings. This is called transformation.

What if there was a way to step into that experience of aliveness and connection on an everyday basis? How powerful it might be to leave behind the anxiety and pressure that are part of the competitive mindset, and connect with others through their dreams and visions.

In our culture of measurement, most people develop habits that hold them back and slow them down; one is the fear that something will go wrong. Another is the voice in the head that says, "You will fail." A third is the assumption that other people aren't interested in what you have to say—that they are simply not on your team.

A vibrant world of possibility lies beyond these fears, habits, and assumptions. You can step there if you accelerate your pace of interaction, have courage in the face of fear, and enter the dance.

This is not a typical training video. You will not walk away with a process that claims to make all your problems disappear, but instead you will have the opportunity to discover that every human being is brought into the world Radiating Possibility! This program will remind you to keep that song going.

Ben and Roz declare that life is a story we tell, so we can invent our own story and tell it in a new way.

During this program you will learn about the following concepts:

- Sit in the front row of your life. Participate!
 - When you make a mistake say: "How Fascinating!"
 - Quiet the "voice in your head."
 - Live in Radiating Possibility. Become part of the song!
 - Invent a New Game: "I am a contribution."
- Ask yourself, "How will I contribute today?"

Video Discussion Questions

Instructions: Review the questions prior to watching the video. After viewing the video, answer the following questions in the space provided. Be prepared to discuss your answers with the group.

1. When Ben says, "Throw yourself into your life like a pebble in a pond and notice the ripples," what does he mean?
2. What does Ben mean when he says that we can choose every day whether we sit in the front or the back row of the room and of our life? Look around the room...where are you sitting? *Where do you usually sit?* Where did the majority of the people choose to sit today?
3. What is a downward spiral conversation?
4. What does Ben suggest you tell the voice in the head when it starts in the downward spiral?
5. Ben tells a story about the roots of aspen trees. Ben says, "If that were a model for human beings how differently we would all behave." What does he mean by that?

Participate! Action Plan

Instructions: Identify three areas of your life where you have been holding back—sitting in the back row. Then, identify what outcomes you would like to see happen for each of these areas. Then identify what the first step would be in order to take action in each of these areas to move toward the outcomes you want to achieve.

Areas:

1.

2.

3.

Outcomes:

1.

2.

3.

First steps:

1.

2.

3.

Look at the above areas and at other areas in your life. What is your unique contribution? What vision do you want to hold on to for the future? Write your response below.

How Fascinating! Worksheet

Instructions: List three events that you have said were mistakes you have made in the last couple of months. Then reflect on the “mistakes” and determine what you have learned from each of them.

Mistakes:

1.

2.

3.

What have you learned:

1.

2.

3.

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Voice in the Head Worksheet

Instructions: Below list several voices you hear in your head when you are afraid or doubt yourself. What are the situations that trigger these voices? What might you put your attention on when these voices start that could be more powerful than they are?

Voices that cause fear or self-doubt:

- 1.
- 2.
- 3.
- 4.
- 5.

Situations that trigger these voices:

- 1.
- 2.
- 3.

What will you focus on the next time these situations occur?

- 1.
- 2.
- 3.

Live in Radiating Possibility

Instructions: Write down your dreams. Create a vivid picture of something that you want to accomplish. For the next ten minutes write down the dream in detail, as though it were fulfilled, describing how you triumphed over any imagined obstacles along the way.

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Invent a New Game

Instructions: Review the worksheets that you have completed so far. Review the areas where you determined you needed to move from the back row to the front row of your life. Review the dreams you have identified and all the opportunities that await you in your dream. Now ask yourself who, besides yourself, might benefit from the realization of your dream? Whom might you enroll in your dream? What contribution will it make to the people around you? What contribution will others make to your dream?

What am I going to contribute?

Who will benefit from my contribution?

With whom am I going to share my dream with and why?

Who else will be contributing to my dream?

Posttraining Assessment

Instructions: Review the true or false statements below and circle your answer.

1. True or False. When Ben says, "Throw yourself into life like a pebble in the pond and notice the ripples," he means that your life will get significantly rockier and you will have a difficult time fighting against the waves.
2. True or False. Ben suggests one way of dealing with the pressure is to get that it is a game.
3. True or False. When you make a mistake you should say "How Fabulous!"
4. True or False. When Ben is teaching a student, he realizes that he is really dealing with two people, the person performing and the "person standing next to the person" performing that is putting negative thoughts and fears in his head.
5. True or False. Fear is there for a reason when we are children, but for us as adults there is little basis for fear in life, and little reason not to communicate openly with others.
6. True or False. Ben suggests that when you hear the voices in your head you should turn around and say "Shut up! You talk too much."
7. True or False. According to Roz, "Every time you speak of a dream, you are bringing it into the present and the world actually exists that way."
8. True or False. According to Ben, we can choose to play a game in which we wake up in the morning and say to ourselves, "I wonder how I will contribute today?"

Session White Sheet

Please circle the number that best describes your experience of the training session.

| | Strongly Agree | Agree | Uncertain | Disagree | Strongly Disagree |
|--|----------------|-------|-----------|----------|-------------------|
| This training program opened up possibility for me. | 5 | 4 | 3 | 2 | 1 |
| This training program helped me understand the importance of giving people a possibility to live into, not an expectation to live up to. | 5 | 4 | 3 | 2 | 1 |
| As a result of this program, I am more confident in my ability to make others powerful. | 5 | 4 | 3 | 2 | 1 |
| I had the time and space to ask all the questions I wanted. | 5 | 4 | 3 | 2 | 1 |
| I was supported by how the session was organized. | 5 | 4 | 3 | 2 | 1 |

The part of the program that meant the most to me was: _____

What was missing for me, as a possibility, was: _____

Additional comments: _____

I would recommend this session to others (circle one). Yes No

Attitude:

Radiating Possibility!

Overheads

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Key Learning Concepts:

1. Sit in the front row of your life. Participate!
2. When you make a mistake, raise your arms and say: "How Fascinating!"
3. Quiet the "voice in your head."
4. Sing the song of radiating possibility.
5. © Invent a new game:
I am a contribution!

**Sit in the front
row of your life.
Participate!**

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**When you make
a mistake raise
your arms and
say:**

How Fascinating!

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**Quiet the
voice in
your head.**

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**Sing the song
of Radiating
Possibility.**

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**Invent a New
Game:**

**I am a
Contribution!**

**Ask yourself: “I
wonder how I
will contribute
today?”**

Attitude: Radiating Possibility



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Every human

being is brought

into the world Radiating Possibility,

the trick is to **keep that song going!**