

Personal Development

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SINGER/SONGWRITER
LORI MCKENNA

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DAYDREAM BELIEVER

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- **Beauty Begins Inside:
The Mind-Body Connection**

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Contributors

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Arlan Berglas is a real estate developer, charity consultant, and director of global development for We, the World, a non-profit organization that develops global networks of collaboration and organizes large public gatherings to build mass involvement in the work of creating a peaceful, caring, sustainable world. Arlan is committed to achieving improved educational opportunities for the youth of America who will one day become our leaders. Learn more at www.wetheworld.org



ANNIE MOSES

Colette Carlson

Colette Carlson, M.A., brings twenty years experience to her role as a nationally recognized motivational speaker on communication, negotiation, and sales. Corporate clients include Boeing, Pepsi, and ExxonMobil. Featured in the film *Pass It On*, Colette is also a contributing author, along with Deepak Chopra and Mark Victor Hansen, to the book, *Conversations on Success*. Learn more about her upcoming book *Liar, Liar, Skirts on Fire! How to Think, Speak and Live Your Truth* at www.speakyourtruth.com



Joe Heller

Selling \$1.275 billion over the last decade, Joe Heller—Revenue Warrior—helps businesses around the world produce staggering returns on their marketing investment to win out over competitors. Joe's guidance shows clients how to "out think" their competition to generate growth of 517 percent in even the most competitive markets. Joe speaks to over 50,000 people a year about his marketing systems that are guaranteed to break the bank! Learn more at www.revennewarrior.com



Elisa Bernick

Elisa Bernick is the author of the *The Family Sabbatical Handbook: The Budget Guide to Living Abroad With Your Family*, a detailed nuts and bolts guide about the hows and whys of living abroad with your children for an extended period. Topics include financing the adventure, schooling, language immersion vs. bilingual education, healthcare abroad, legal concerns, homesickness, choosing a location, and much more. For more information, see her website at www.familysabbatical.com



Cindy Papish Gerber

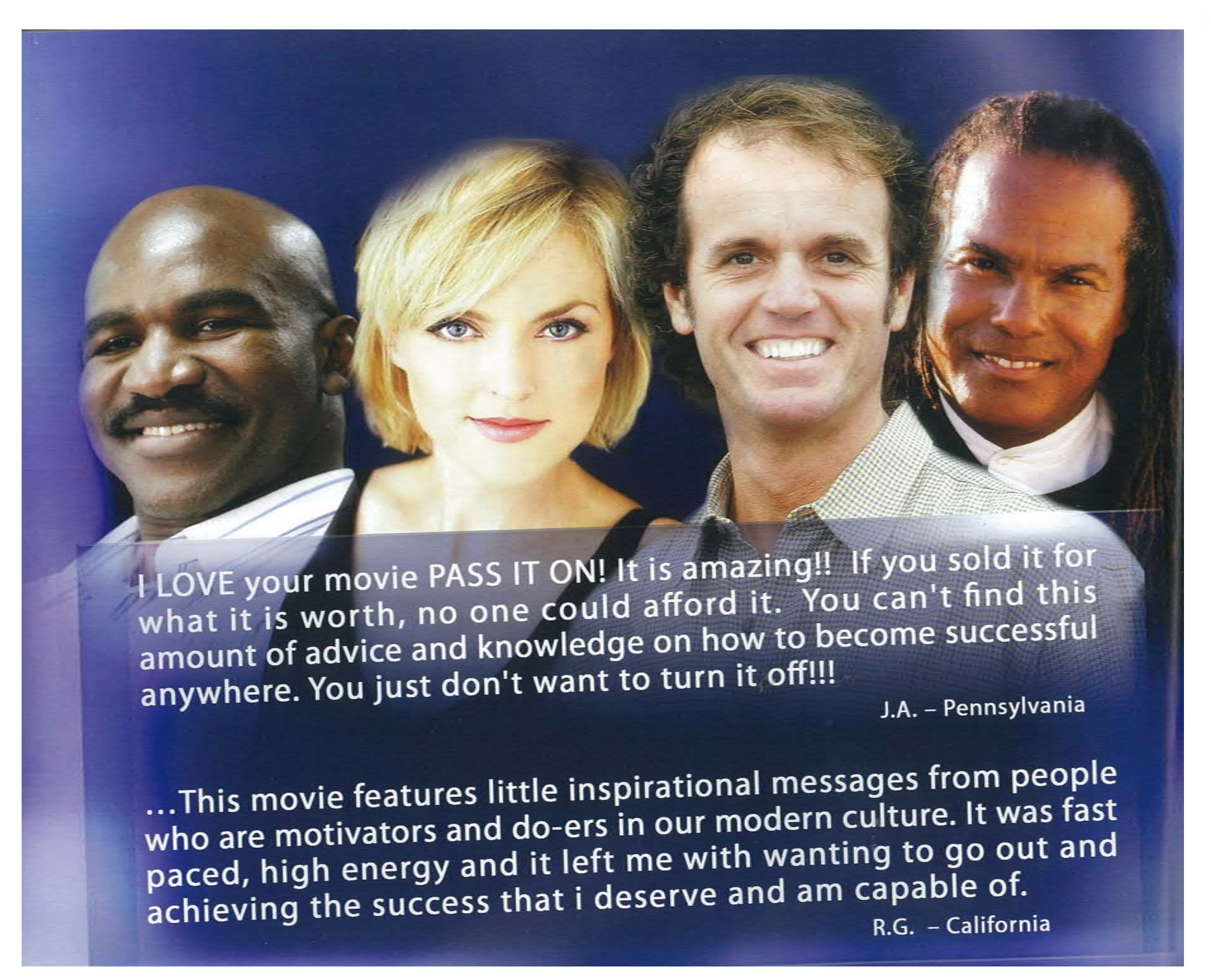
Cindy, who hails from Brooklyn, N.Y., has worked in television, radio, theatre, visual arts, education, public relations, book publishing, the fashion industry, and journalism. Her writing can be found in many online and print publications covering a diverse range of lifestyle and human-interest subjects. An Emmy-winner for her TV production work on the 1984 Olympic games, Cindy is most proud of being a wife and adoring mom to her two college-aged kids.



Dan Hill, Ph.D.

President of Sensory Logic and a recognized authority on the role of emotions in consumer and employee behavior, Dan Hill's latest book is *Emotionomics: Winning Hearts and Minds*. Dan has been featured in *The Wall Street Journal*, *The New York Times*, *China Forbes*, *Business 2.0*, *Fast Company*, and has appeared on Discover and NPR's Marketplace. A popular speaker internationally, Dan has presented to corporations, conferences, associations, and universities and can be reached at dhill@sensorylogic.com



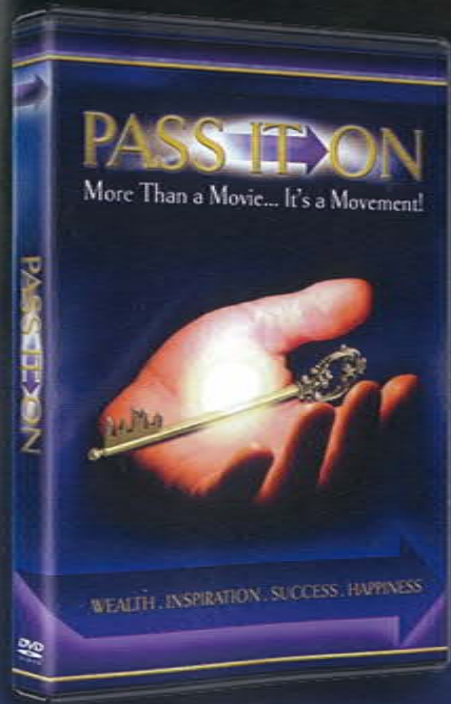


I LOVE your movie PASS IT ON! It is amazing!! If you sold it for what it is worth, no one could afford it. You can't find this amount of advice and knowledge on how to become successful anywhere. You just don't want to turn it off!!!

J.A. – Pennsylvania

...This movie features little inspirational messages from people who are motivators and do-ers in our modern culture. It was fast paced, high energy and it left me with wanting to go out and achieving the success that i deserve and am capable of.

R.G. – California



PASS IT → ON

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A National Program to PASS IT ON

Growing up, it seems that if you wanted to be popular you needed to be one of the three "A"s—academic, attractive, or athletic—natural abilities or gifts that not everyone is blessed with. If you didn't fall into one of those categories, you were most likely considered to be another type of "A"—average.

When I went to school it wasn't cool to be average, and being "nice" often made you "nerdy." Thankfully there has been somewhat of a shift in consciousness and there's reason to hope that the next cool "A" will be *accepting*.

Helping strengthen this new being-nice-is-cool mindset is the Pass it On (PIO) Student Mentoring Program, scheduled to launch in September 2008. The goal of this national program is to empower children by helping them realize they can make a positive difference in the lives of others. As participants in the program, students will help and get help from fellow classmates in academics, extracurricular activities, or with many other challenges facing young people today. Organized by We, The World, the mentoring program will be implemented by schools and non-profit organizations

and funded by corporate sponsors. The goal is to have the program operational in 83,000 schools nationwide.

All students interested in participating in the Pass it On Student Mentoring Program will be asked by a classroom volunteer (or ambassador) to submit a one-page paper detailing how they may be of value to a younger child or classmate. Maybe it's helping with homework, a certain sport, musical instrument, or conflict resolution. At the same time, students will be invited to write a paragraph about an area they'd like to be mentored in by an older child. So some students will participate as both mentors and mentees.

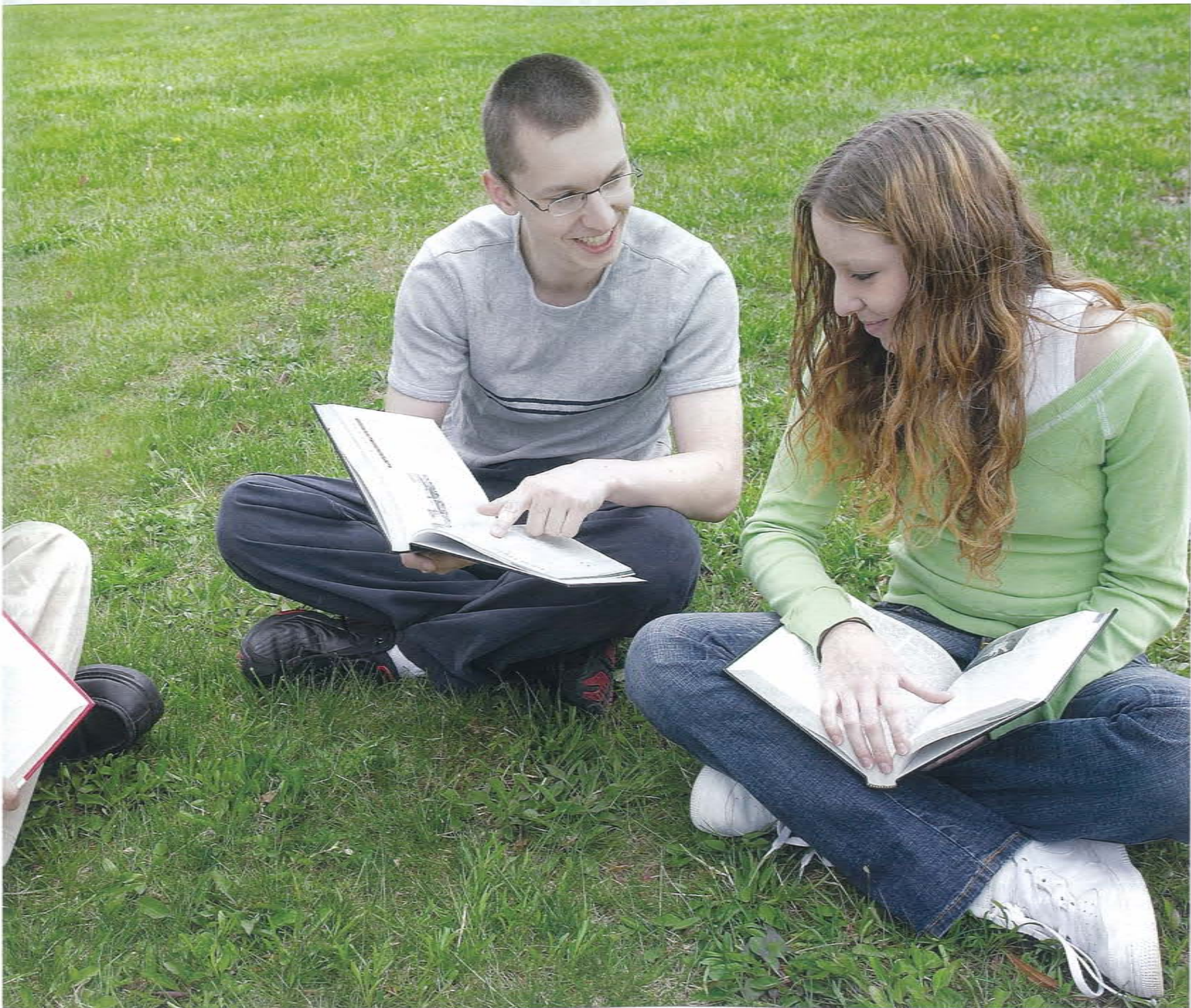
Ambassadors will match students and supervise the afterschool encounters. The ultimate goal of the PIO Student Mentoring Program is to have the relationships between the

older and younger students grow to a higher level with each encounter, whether they meet for five minutes or for a few hours.

Determined to help children realize they can make a difference in the world, the program will invite kids to participate in global competitions such as essay, poetry, photo, and video contests. There will also be a contest involving the creation of a world logo and/or flag. Additionally, the ambassador in each classroom may ask the students to write a program that will help make the classroom a better place. Under certain circumstances, the students may be able to implement their program once it is approved by school administrators.

To help the students stay on track and ensure success, PIO is incorporating a board game called The Mentoring Connection to be played at





“They will learn that everyone is brilliant, everyone has a gift to share, and that everyone has talents.”

each mentor-mentee session. Originally conceived from a board game called The Family Connection, it was designed by four young parents desirous of building self-esteem in, and enhanced communication with, their children. It provided a fun way to achieve communication between parents and children, and proved to create a generational bond rather than a generation gap. Further, it tended to enhance each child's ability to express feelings, knowing their impressions and reactions were worthwhile. Each time a family played the game, it was easier to explore and express feelings.

The Mentoring Connection game transfers the focus from parent-child to mentor-mentee, but the goal remains the same, encouraging positive communication through questions asked in a number of categories: Friends, Self, Mentor-Mentee, Situation, School. The questions run the gamut from “Talk about the last time you felt proud at school,” to “What do you want that you are willing to work

for?” Asking and answering questions in the game format is mutually beneficial for the student pairs—educating while building character and self-confidence.

This type of positive reinforcement is crucial to the development of young minds. The Family Development Institute reports that a child in the average home receives only one positive response for every twenty-one negative responses. In school the ratio is estimated to be thirteen negative to one positive.


What's more, because of our busy lifestyles, it's estimated that children over ten years of age in a two-parent home share approximately fourteen minutes of direct communication with their parents in a twenty-four hour time span. Twelve minutes of this time is spent issuing warnings or correcting things that have gone wrong, leaving only about two minutes of “open communication time” per day.

While it won't replace parent-child time, the PIO Student Mentoring Program will help turn each



mentor-mentee session into quality time, hopefully building confidence and self-esteem. In fact, I personally realized the value of the PIO program when I asked my own nine-year-old mentee, Carlos, how he would feel about mentoring a seven-year-old? Carlos's eyes lit up as he asked, “You mean I can do what you do?” The idea that he could make a difference in another person's life was especially appealing to him since he has no younger siblings.

The mentors and mentees that participate in the Pass it On Student Mentoring Program will help each other realize that being “average” is being human. They will learn that everyone is brilliant, everyone has a gift to share, and that everyone has talents.

PIO participants will help each other find their purpose, develop their talents, and put their brilliance into action. 

—Arlan Berglas