



Celebrate! Change Your Lens, Change Your Life with Dewitt Jones

Training Guide

This guide provides trainers with information about the program and how to conduct a successful training session.

In it, you will find detailed information about organizing and planning a session, options for different session lengths, and in-depth information about the program's key concepts.



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About Star Thrower Distribution Training Programs

Star Thrower Distribution develops meaningful training programs intended to make an impact and enhance learning at all levels. Our programs teach new ideas, and inspire viewers to take action and embrace change.

Because the fundamental purpose of training is learning, Star Thrower materials are designed to make learning more effective. Our programs help viewers recall the information, understand the topic, and apply the lessons to their lives. Successful training means participants can use what they have learned and take action because of the experience. Through effective storytelling, our programs quickly captivate the viewer and appeal to a wide spectrum of organizations.

Using a Star Thrower Title

Star Thrower titles can be used as independent learning experiences, or as part of other initiatives. In both circumstances, the programs help engage the participant and encourage creativity and a willingness to change.

Additionally, because the content presented in the program is fundamental and offers simple, solid learning points, viewers can apply what they learn to their own situation.

Star Thrower programs are developed to help the trainer thrive. They include a variety of support materials to make teaching easier for the trainer, and learning easier for the viewer. The trainer has multiple options to make the training successful; trainers are encouraged to review the included support materials, determine which sections are relevant to their needs, and consider how the information applies to their organization.



About the Support Materials

Training Guide

This guide provides trainers with information about the program and how to conduct a successful training session. In it, you will find detailed information about organizing and planning a session, options for different session lengths, and in-depth information about the program's key concepts.

The Celebrate Series: A User Guide

Celebrate! Change Your Lens, Change Your Life was created to complement the lessons taught in Dewitt Jones' best-selling **Celebrate What's Right with the World**. This piece offers tips on how to use the original **Celebrate What's Right with the World** and **Celebrate! Change Your Lens, Change Your Life** together and individually. By using these two programs in tandem, you will have multiple training options and discussion topics.

Group Discussion Questions

These questions are best used in a group setting to help participants discuss and process what they have learned from the program. They can also be used for independent learning.

The questions are divided into three sections:

- » Review Questions
- » Comprehension Questions
- » Application Questions

This will make it easier to create a progressive learning session and enhance retention.

Group Activities

These activities are intended to reinforce learning and are recommended for group training sessions. The exercises are a fun way to work together as a group and help participants apply what they have learned to their own experiences.

PowerPoint™ Presentation

The PowerPoint™ Presentation highlights the key concepts used in the program and can be used before or after the session to reinforce the learning.

Posters

The materials include four posters with quotes and images from the program for you to print, display, or distribute to participants.

Film Transcript

For your reference, a complete transcript of the program is included.



About the Program

Celebrate! Change Your Lens, Change Your Life reminds us that we have the power — the power to choose how we see the world around us, and the power to choose how we want to live in it.

Shot on the beautiful island of Molokai, Hawaii, this program highlights Dewitt's unique perspective and amazing photography. It is a timeless message that carries well beyond the confines of work into every aspect of our lives.

Program Information

Length:

- » 19 Minutes

Key Concepts

- » Celebrate What's Right
- » Don't Prove, Improve
- » Change Your Lens, Change Your Life
- » Think Blend Not Balance
- » Learn to Soar
- » Dare to Dance
- » Be Like a Sunset

Support Materials (included on the program DVD)

- » Training Guide
- » The Celebrate Series: A User Guide
- » Group Discussion Questions
- » Group Activities
- » PowerPoint™ Presentation
- » Posters
- » Film Transcript

About Dewitt Jones



Dewitt Jones is one of America's top professional photographers. Twenty years with National Geographic photographing stories around the globe has earned him the reputation as a world-class photojournalist. As a motion picture director, two of Dewitt's films were nominated for Academy Awards.

In the business community, Dewitt's work is also well known. He rose to the forefront of creative marketing by photographing national advertising campaigns for organizations such as Dewar's Scotch, Canon, and United Airlines.

Dewitt has published nine books including *California!* and *John Muir's High Sierra*. His most recent book, *The Nature of Leadership*, was created in collaboration with Stephen R. Covey.

Speaking to audiences across the country, Dewitt is recognized as a renowned lecturer. His genuine style and ability to communicate with audiences make his presentations truly outstanding. Dewitt's inspirational messages are further discussed in his best selling training programs.

Dewitt graduated from Dartmouth College with a B.A. in drama and holds a Master's Degree in filmmaking from the University of California at Los Angeles.

To learn more about Dewitt, please visit www.dewittjones.com.



Training Tips and Ideas

Before the Session

- » From experienced professionals to individuals new to training, anyone will be able to successfully lead a group through this program. You have the option of following the training materials closely, or simply using them for additional support.
- » The support materials are not intended to be a script. Instead, they give you the freedom to utilize the concepts that will work best for your organization.
- » To help your participants gain as much as possible from **Celebrate! Change Your Lens, Change Your Life**, review the program and the materials before the session. Consider how the concepts apply to your organization and determine how you want to lead the session.

Session Preparation

- » Take notes on how the content is relevant to your organization. Determine at least three outcomes you would like to see achieved in the session. Select the questions and exercises you plan to use with these goals in mind, and reference them throughout the session.
- » Arrange the room so all participants can clearly see the screen, you, and each other.

During the Session

- » Welcome participants as they arrive and introduce yourself. Invite group members to introduce themselves too. Take a moment to outline the purpose and plan for your gathering.
- » Watch the program with the group to encourage involvement.
- » At the end of the program, give viewers a moment to reflect quietly on what they saw.



Creating a Memorable Experience

Organizations hold learning and development sessions for a number of reasons, but generally, the goal is to create some sort of change or impart information that is valuable to participants and to the organization. In order for this to happen, participants need to remember, comprehend, and apply what they have learned.

Therefore, it is important to develop a training session that:

- » Reviews the lessons
- » Enhances comprehension
- » Applies the information

Using the three above steps to guide and develop a training program will help organizations get the most out of the time they spend training. Therefore, whenever possible, it is suggested that you not only show the program, but generate some sort of discussion and recommendations for next steps, whether formal or informal.



Training Suggestions

Short Session/Brown-Bag Lunch Session

- » Introduce yourself, and take a moment to discuss the purpose of the gathering and intended goals.
- » Show the program.
- » Select ten group questions or one or two exercises to complete with your group.
- » Have each participant commit to one change they will practice based on what they learned in the session. Have everyone share their change if you wish.
- » Hand out one printed poster or hang posters in common areas.
- » Play the PowerPoint™ Presentation upon the session's conclusion; viewers will be able to see the concepts again as they are exiting.
- » Follow up with a future session to review the lessons learned and discuss application; recommended within six weeks.

Two Hour Session*

- » Introduce yourself, and take a moment to discuss the purpose of the gathering and intended goals.
- » Show the program.
- » Ask participants to take a moment to internalize what they saw, and then discuss what they remember most clearly.
- » Ask the group 10-15 pre-selected questions.
- » Complete two pre-selected exercises with the group.
- » Have each participant commit to two changes they will practice based on what they learned in the session. Have everyone share their change.
- » Conclude by going through the PowerPoint™ Presentation with the group.
- » Hand out one printed poster or hang posters in common areas.
- » Follow up with future session to review the lessons learned and discuss application; recommended within six weeks.

*Be sure to give participants two 5-10 minute breaks throughout the session.



TRAINING SUGGESTIONS CONTINUED...

Half-Day Session*

- » Introduce yourself, and take a moment to discuss the purpose of the gathering and intended goals.
- » Show the program.
- » Ask participants to take a moment to internalize what they saw, and then discuss what they remember most clearly.
- » Ask the group 10-15 pre-selected questions.
- » Complete three or four pre-selected exercises with the group.
- » Review the concepts by going through the PowerPoint™ Presentation with the group.
- » Hand out one printed poster or hang posters in common areas.
- » Show the original **Celebrate What's Right with the World**.
- » Ask questions from the original **Celebrate What's Right with the World**. Have a brief discussion about what they have learned from the original program, and how **Celebrate! Change Your Lens, Change Your Life** expands on the original film.
- » Have each participant commit to at least three changes they will practice based on what they learned in the session. Have everyone share their change.
- » Follow up with future session to review the lessons learned and discuss application; recommended within six weeks.

*Be sure to give participants two 5-10 minute breaks throughout the session



Key Concepts In-Depth

Celebrate What's Right

Don't Prove, Improve

Change Your Lens, Change Your Life

Think Blend, Not Balance

Learn to Soar

Dare to Dance

Be Like a Sunset



Celebrate What's Right

In this first concept, Dewitt notes that raw experience is empty. It's what we learn from our experiences that make our lives worthwhile. This is an extremely thought-provoking concept that emphasizes the importance of really taking the time to learn from everything we do. Instead of going through the motions, understand what impact, big or small, an experience has.

Dewitt also highlights the importance of celebrating what's right, rather than wallowing in what is wrong with the world. This statement's intention is not to belittle the numerous problems that certainly exist in our communities and in the world as a whole, but instead, to understand that generally, there is more right in the world than wrong. He emphasizes the importance of filling ourselves with gratitude for all that we have been given, and filling ourselves with hope for all the possibilities we have yet to explore.

***“When I celebrated what was right,
the world seemed to say,
How many rolls do you got Dewitt?
Bring it on.”***



Don't Prove, Improve

Dewitt's very first published photograph was in the National Geographic when he was only 26 years old. His boss at that time taught him a very important life lesson: Don't Prove, Improve. Think about it: don't worry about proving yourself day in and day out, instead focus on improving, and being the best you can be.

Focus on doing things better today than yesterday. If you learn something that might help someone else, share it – don't keep the information to yourself. That way, we all get better faster. This was the case for Dewitt at the National Geographic, and would certainly work in any team environment trying to improve and grow. By remembering that life is more about cooperation than competition, everyone will thrive.

***“Ultimately, the only person
I was trying to surpass was me.***

Don't prove, improve.”



Change Your Lens, Change Your Life

Dewitt loves to shoot waves.

The same beach. The same waveforms. Thousands of possibilities.

Why continue to shoot the same thing over and over? Because there are so many right answers. There are an infinite number of possibilities.

By learning to believe in possibilities, we need to be willing to change our lens and change our perspective. There are so many ways to look at a situation or problem. By being open to different angles, different mindsets, different backgrounds, we can open ourselves up to many more options and choices. We can seek out experiences that show us new perspectives. Like Dewitt changes his lens to find a new perspective, we can use that attitude in our own work and lives.

***“Change my perspective,
change my photograph.***

***Change my lens,
change my live.***

My choice, everyday.”



Think Blend, Not Balance

We often try to find the right balance between our work and family life. Yet often, it often doesn't happen. We find ourselves spending too much time working, our weekends are too full, and it's hard to dedicate enough time and energy to everything.

Consider the winemaker. A vintner doesn't try to find the right balance; they seek the right blend because it is far more stable. It takes commitment and effort to create blend, but once achieved, it is far less likely to dissolve into disarray.

Think about the composition of your own life – its balance and blend. Blend is more of a continuum. A perspective that allows you to see the relationship and rightness in the many parts of your life. Blend offers a both/and perspective, rather than either/or. This inclusion creates more stability. Think about how your lives, both at work and at home, might be different if we always employed the blend, not balance, mindset.

***“Joy and sorrow, work and play,
my family and my business,
all held with the same inclusion
that nature holds a landscape.”***



Learn to Soar

Molokai has some of the highest sea cliffs in the world. Some falling almost 3,000 feet. Frigate birds have an eight-foot wingspan, and use the thermals from the cliffs to glide from island to island. They don't flap.

Quit flapping and ride your thermals. What does this mean? It means that a struggle does not need to be your operative word. By learning how to soar, and what that personally means for us, it will all achieve our goals.

So where do those thermals exist? They exist when you have full knowledge of yourself, as well as your craft. In each of our lives there is an edge between success and significance. To reach that edge, we need to work on not just what we do, but who we are.

We need to not just to be the best in the world, but to be the best for the world. Be the very best we can be— put it out there in the world and give back.

***“If we are going to take it higher,
we have to work not on just what we do,
but who we are.***

***Not just to be the best in the world,
but be the best for the world.”***



Dare to Dance

For Auntie Kuiela, Hula is more than a dance; it's a way of being in the world.

A way of grace

A way of purpose

A way of Aloha

Meaning of Aloha

The literal meaning of Aloha is "the presence of breath" or "the breath of life."

It comes from "Alo," meaning presence, front and face, and "ha," meaning breath. Aloha is a way of living and treating each other with love and respect. Its deep meaning starts by teaching us to love our own beings first, and then to spread that love to others.

According to the old Kahunas (priests), living the Spirit of Aloha was a way of reaching self-perfection and realization for our own body and soul. Aloha is sending and receiving a positive energy. Aloha is living in harmony. When you live the Spirit of Aloha, you create positive feelings and thoughts.

The root words that make up *aloha*.

- » *alo* meaning "presence," "front," "face," or "share"
- » *ha* meaning "breath of life" or "essence of life."

Dare to dance means having the courage to live your vision. Even when it's hard. It means focusing your attention on what is right. Imagine the possibilities if we all dared to dance day in and day out.

***“Do I have the courage
to dance my dance, live my vision?”***



Be Like a Sunset

A sunset is a great metaphor for life.

A sunset doesn't wait for recognition. A sunset puts out the very best it has without regard for whether it is received or not.

How can we be like a sunset?

By putting out the best everyday, without thinking about recognition or acknowledgement.

Too often the answer is no. If not, why?

- » Is it my fear that gets in the way?
- » Fear that my best is not good enough?
- » Fear that my best will be ridiculed?
- » Fear that my best might not even be noticed?

It's not easy, but it's a wonderful way to do our very best because it's the right thing to do.

The sunset doesn't wait for our affirmation or applause. We can critique it all we want and it will do it again tomorrow. Be like a sunset. It's a great lens to put on your life.

***“Be like a sunset,
that's a great lens to put on your life.”***

