

Kenston J. Griffin

Dream Builders Communication, Inc.

"If Better Is Possible Good Is No Longer An Option"



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NEWSLETTER

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MIND OVER MATTER

Greetings and Good Day!

Thank you once again for not just reading this month's edition to the DBC Newsletter, but taking the time to apply what has been written. I know many of you are familiar with the saying "mind over matter," but have you ever looked at what that really means? Consider this. Your mind is strong enough to handle it, and your mind really is equipped to handle all situations. Now, some of you may be wondering how you get your mind to that point. Believe it or not, it is as simple as it sounds. My question is, are you willing to exercise your mind to enjoy this benefit. Notice I use the word "exercise." From riding a bike for the first time to even starting your first day of working out in the gym, you think you are about to fall off the bike or die from working out. However, as the days, weeks, and months go by, the process becomes a part of a system, if you do not quit. I am not sure if it becomes easier, but I am sure that you become accustom to the process. For years, researchers have studied how successful people succeed, and the number one answer, hands down is, they did not quit. Research has also shown failure gets easier every time you start something if you do not complete the task.

My goal this month is to support you in taking control of your thoughts, words, and actions which will ultimately support your mind. To take control of your thoughts, for the next 30 days repeat this positive affirmation 3 times per day (morning, mid-day, and before bedtime), *"I am somebody, and I am preparing to walk in my destiny."* To support your words read, apply, and follow the 30-day steps inside of the book ***New Days New Ideas*** which focus on Purpose, Choice, Commitment, Determination, and the Daily Log.

Finally, your actions are the final but most critical piece to this puzzle. Whatever you say you must do, and whatever you do you must say. So repeat the Dream Builders Pledge, which we ask our students to do this everyday at the start of their day and you will know that whatever you tell your mind, it truly does matter.

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Dream Builders Pledge:

I will watch my thoughts-they become my words.

I will watch my words-they become my actions.

I will watch m actions-they become my habits.

I will watch my habits-they become my character.

I will watch my character-it becomes my destiny.

What I speak about, I can bring about.

I will not settle for less than I deserve.

I am a blessing and I am a jewel.

I strive EVERYDAY to become the success

I am destined to BE!

So, remember you will concur the fact that *Better IS Possible*, & *Good Is No Longer An Option*, it is truly MIND OVER MATTER!

Kenston J. Griffin, CEO

You've Been TAGGED!

By: Tonya R. Allen

Wow! the summer is almost over, and we have begun preparing for the Dream Builders Communication, Inc. 21st CCLC T.A.G. After-school Enrichment Program. Our goal is to provide students with academic enrichment all year long. While providing students with additional academic support, parents may have a sense of peace knowing that their children are in a safe environment, and the best way we can share with new parents and even prospective parents, is to provide you the opportunity to hear from one of our Parent Ambassadors. For information on how to enroll your students into the Dream Builders Communication, Inc. 21st CCLC T.A.G. After-school Enrichment Program, please contact our office at 704-595-1735 or visit our website www.kenstonjgriffin.com.

"I would like to thank you for the opportunity that you have provided for my family as well as my community. I am glad that you have decided to expand the 21st century program into other communities. This is something that is in demand in the African American Community. If others chose to use their success to give our children the opportunities that you have, the world would be a better place. I thank you for the time that you have invested in your centers. You have a wonderful staff and that makes all the difference. I truly feel that my son has a better relationship with his teacher at T.A.G. than he does at public school. Maybe your next endeavor should be a private school. (Just a thought.)

I really enjoyed learning more about Dream Builders Communication, Inc.

Again, thank you for all that you do. I cannot express my gratitude enough. When you are on the road, exhausted, just know that your efforts make a difference in the lives of so many families."

Sincerely,

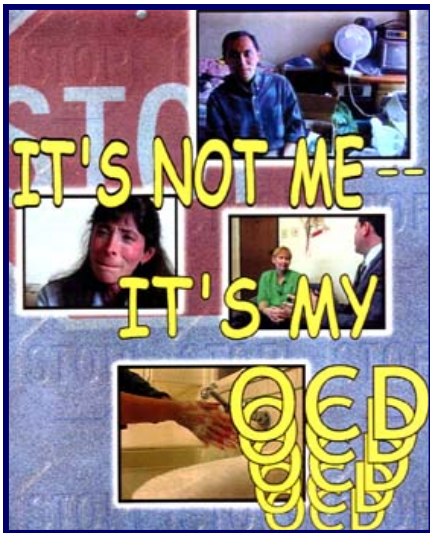
Sherdinia Stepney

The OCD Project

By: Tierra Parsons



....as a boy, Bill would spend hours in church, going to confession; sure he was going to hell. Caroline would wrap band-aids around each one of her fingers every day to keep from getting AIDS. Fran was so concerned about cleanliness that she used scotch tape to remove hairs from the bed and washed her house keys. These are just a few of the stories of the millions in the US who suffer from obsessive-compulsive disorder...



Obsessive Compulsive Disorder is a mental disorder characterized by intrusive thoughts that produce anxiety, by repetitive behaviors aimed at reducing anxiety or a combination of both. The intrusive thoughts are the "obsessions" and the repetitive behaviors are the "compulsions." Some symptoms of this disorder include, but are not limited to, repetitive hand washing (fear of contamination), hoarding, aversion to odd numbers and nervous habits. To many people, OCD sufferers may seem "paranoid" or "crazy", but the individual commonly recognizes their behaviors and thoughts as irrational, which may cause them to be further distressed.

The phrase "OCD" has often been exaggerated to describe someone who seems to be a "perfectionist," meticulous, or fixated on something. Although these symptoms may very well be present in OCD, a person who exhibits them does not necessarily have OCD and may instead have obsessive-compulsive personality disorder. Obsessive-compulsive personality disorder (OCPD) is an obsession with perfection, rules, and organization. It is believed that people with OCPD may feel anxious when they think that things are wrong. This type of thought process can lead to a set way of doing things, whether it is for themselves or their families. One of the main differences between OCD and OCPD is that OCD sufferers want to change when OCPD sufferers see nothing wrong with what they are doing and adopt their behaviors as "normal routine." With OCD, an obsession could involve a general sense of disarray or tension, accompanied by a belief that life cannot proceed as "normal."

One way to treat OCD is through exposure therapy. Exposure therapy is a type of behavioral therapy that is very helpful for treating OCD. During exposure therapy, an individual is intentionally exposed to whatever triggers the obsessive thoughts or reaction to a previous traumatic experience under controlled conditions. The client is then taught techniques to avoid performing the compulsive rituals or to work through the trauma. OCD is a disorder that affects not only the individual, but the family unit as well. Families often accommodate the disorder just to keep the peace in the home. If you or a family member suffer with this disorder, it is normal to have a variety of feelings, which include frustration, resentment, anger, embarrassment, and exhaustion from trying to manage a home where OCD seems to be "in charge." There is no quick fix to OCD, but with everyone's motivation, support and with effective treatment, an individual and family will be able to experience an increase in more positive emotions, including optimism, hope and accomplishment. Keep the faith and God Bless!

"What saves a man is to take a step...Then another step." - Antoine De Saint-Exupery

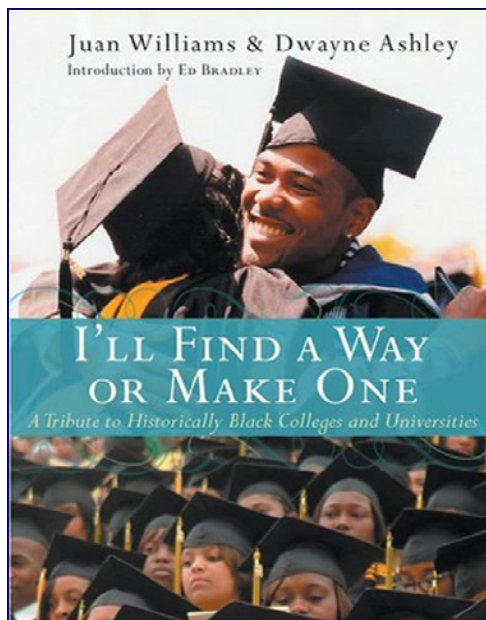
The Comparison

By: Gary Whitaker

In today's society being better or like something is normally okay when comparing clothes, homes, and other things of value. Well how do we compare the State and Ivy League schools to Historically Black Colleges and Universities?

I was speaking to an employee who graduated from an HBCU and they felt that our neighboring schools are much more structured than our HBCU's. It was really strange to hear this person say that our schools are not structured and they are using the education they received to make over a quarter of a million dollars a year. I do agree that our schools are still struggling with keeping up! However, I also think that they are catching up slowly but surely. If I could say something concerning the comparison, I would say that our schools are still having a challenge making the switch. I truly can say they really may not know how because they have been this way for so long; maybe they are stuck.

I spoke with an executive of one of our major oil companies who said "Black Schools will never get it right with doing the same thing they have always done expecting something different." As I thought about what this person told me, I started to say I believe them. However, I have such love for these schools and their rich history; I say, I will never think that they will not change. In comparison to the "big schools," I believe our schools may not be where they need to be as of yet, but



they are working on it. The question is can we learn from the bigger schools to help us be great again. Some may not agree with this statement and that is okay. If you or anyone has a better statement please feel free to let me know. The big schools are not perfect and no one is saying they are, but they are receiving more funding, more students enrolling, and more alumni contributing.

I have always known if I want to be or do something better, hang out with or learn from something or someone better. The comparison will always be there and we know this but it does not have to be negative. I really believe we can truly learn from each other. I cannot say this will work in getting our schools up to par, but it can't hurt. Today we see the difference and that is great. Nevertheless, let us be different with the same goal in mind! That is we need all our schools, big and small, black or white, to be what they are called, a place of higher learning, not just another place to get prestige only. What do I mean? If all schools see the benefit in helping our students reach their goals, they ought to be really helping each other be better by sharing their knowledge on how to be successful and schools should not be so proud and ignore the help.

As always, it only takes one and if the One you trust can't do it! It can't be done!

Time for Inventory

By: Christopher Land

When is a good time to take inventory? When is a good time to review what's in stock? Not stock or inventory of what hardware you have in the office, but inventory on who is doing what. How effective the processes are working. Are the right people doing the right jobs or assignments?



There should be regularly scheduled inventory of the process in every job. Make certain that there are natural flows and links to the assignments. Verify that the steps are necessary. This reminds me of a story of a newly married couple. The husband and wife were both in the kitchen as the wife began to prepare dinner. The husband noticed that his wife cut both ends of the roast off, threw them away, seasoned the meat then cooked it. Well this gesture of tossing perfectly good meat away disturbed the husband greatly, although he dare not say a word before supper.

As they sat for dinner, the husband couldn't hold his peace any longer, and asked his wife cautiously, "Honey, why did you cut both ends of the roast off and throw them away?" She quickly replied, "Oh, that is how I was taught, that's how I

learned, that's just the right thing to do." Confused with that reply, the husband thought just how wasteful over the years that would be to continue throwing away perfectly good ends of the roast, so he inquired a bit more deeply, "Honey, is there a logical reason why?" She replied, "Well I really don't know, let's call mom." As the couple called as asked the mother (in law), "Mom, when seasoning the roast, why do we cut the ends off? ... Jayson wants to know." Her reply, much like her daughter's, "That's the way I was taught, that's the way mom use to do." Now with this being the answer, the curiosity was heightened. So the couple called grandma.

"Grandma," the couple asked, "why do we cut both ends of the roast off before cooking?" The grandma replied, "That's the way I was taught to do it." Well at this point the husband couldn't rest, so he planned a weekend trip to go visit great grandma, who was wise with years. This would surely be the answer to the great roast mystery. As the couple settled into their visit, the husband Jayson calmly asked, "Granny, we were wondering, while cooking a roast we have been cutting off the ends of it before we cook it. Is this the way you do it and why?" "Well Jayson," Granny replied, "I use to do it that way, because my pan was too little, I'm not sure why ya'll do it that way."

In that scenario, it was truly time to take inventory of the process. Over the years, that process had been quite wasteful. Are there processes in your office that are duplicated, wasteful, and not needed? Are the right people doing the right jobs and processes? Verify who is doing which reports. It's time to take inventory.

JULY EVENTS

* denotes BIG EVENTS

*7/7

Livingstone College (LC) desires to ensure that all students get started on the right track. LC kicks off the annual summer BRIDGE program featuring Kenston J. Griffin and Dream Builders Communication, Inc. The DBC team will focus on the transition from high school to college, time management, and the 10 essential academic keys to first year success.



7/7 – 7/9

Ms. Tonya Allen and the DBC TAG team will be “Inspecting what they are Expecting” with its summer enrichment programs. These programs have proven to be some of the absolute best 21st Century Learning Community summer enrichment programs in the state. The TAG programs support the holistic education of students, parents, and communities.



7/8

CEO of Dream Builders Communication, Inc. (DBC), Mr. Kenston J. Griffin is traveling to Salt Lake City, Utah sharing the stage at the YMCA’s biggest international event, the general assembly, with Dr. John C. Maxwell, Keith Ferrell, and many more of the nation’s best motivational and inspirational speakers

*7/13-7/16

Back by popular demand, the state of Tennessee largest Title 1 conference featuring internationally known keynote speaker and best-selling author Kenston J. Griffin. Mr. Griffin will not only keynote, but he and the DBC Team will provide two featured workshops focusing on best practices to engage readers, and four C’s to enhance and implement an effective curriculum.

*7/17 – 7/21

The A.M. E. Zion Quadrennial is emerging upon Raleigh, NC, and has requested the presence of DBC in multiple events. Dream Builders Communication speakers and trainers will present topics such as How to Effectively Friend and Fund Raise, Reaching Today’s Youth, Strategic Planning, and more. If any of these sessions are what your faith-based organization needs, contact our Charlotte office immediately to schedule.

JULY EVENTS

7/20 & 7/27 North Carolina Center for the Advancement of Teaching found a unique way to cut costs, while enhancing the quality of the sessions. Dream Builders Communication is hosting a power packed teleconference for the participants of the NC-CAT session on Breaking through Barriers of education. We will share effective strategies and techniques to not only break through, but to engage, and better prepare students of all ages.

*7/26- 7/29 Albemarle Road Middle School is honored to feature Mr. Christopher Land and DBC's educational team to lead them in transitioning rising sixth graders from good to great. This five-week training session will provide leadership to staff, and effective ownership to students to run the race to academic success as it relates to reading, writing, mathematics, and character education.

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