

Kenston J. Griffin

Dream Builders Communication, Inc.

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



Volume 4, Issue 3

NEWSLETTER

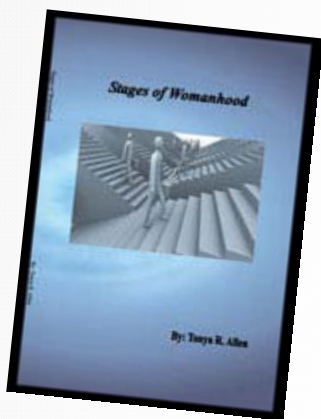
March 2009

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Book Special

"Stages of Womanhood"



**ONLY
\$10.00**

Success Beyond the Court

Greetings & Good Day,

For those of you who follow or watch College Basketball, you know that March Madness is here. From upsets to championships, you will find it all! However, for many teams the Championship mindset began several months back during the summer. From early morning workouts, weight lifting sessions, limited social life, and summer school just to keep pace with their graduating class. These are the sacrifices of student athletes prior to March Madness. For many, this is the schedule that develops champions, but are not displayed or even spoken about during pre-season planning. So for you to have massive success you must do pre-season planning. The first quarter has ended but your goals and dreams have not. The time has come for you to pick yourself up and get back on track and let's start our pre-season workout for a successful life beyond the court.

Here are three ways to create or intensify your Pre-Season Planning:

1. **Stay accountable;** most people quit right before it is time to win. Remember, your problems want you. You do not want them.
2. **If you wrote it, review it.** Don't just write it and discard it. Look at this plan and read the plan, and ultimately be the plan, and live the plan. One of my favorite books has a very powerful statement, "write the vision, and make it plain." Read the vision so you can stay in your "lane," while remaining "sane."
3. **Determination and Perseverance,** review this example of never giving up on your goals and dreams. Regardless of the situation, never take your eyes off the prize. This is an example of Determination and Perseverance through the life and legacy of one of the United States' most renowned Presidents, who kept the course.

(Continued on page 2)

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President Abraham Lincoln

His mother died in 1818 when he was only nine years old.
He lost his job in 1832 due to the owner's poor business practices.
He was defeated for state legislator in 1832.
He tried another business in 1833. It failed.

In 1843, he failed to achieve his party's nomination at the district convention.
In 1846 he won a seat as an Illinois representative to the U.S. Congress.
He tried running for Senate in 1855. The process deadlocked and he withdrew to support the other candidate.

The next year he was nominated for Vice President and lost.
In 1859, he ran for Senate again, received over 50% of the vote,
but the Republicans failed to gain control of the state legislature; therefore he lost the seat.
In 1860 he ran for the highest position that could be held in the United States.
He was elected President of the United States in 1860 and again in 1864."

Kenston J. Griffin, CEO

WOMAN POWER

By: Tonya R. Allen



March tends to be a month for basketball "March Madness" or the break before Spring. In addition to these, the month of March is nationally marked for celebrating Women's History. In honor of March being Women's History Month, Dream Builders Communication, Inc. presents "*Stages of Womanhood Peak Performance Coaching Sessions.*" This series of *life empowerment* coaching sessions will provide women with tools and strategies towards unleashing the Wealth from within. The time for women to walk in their true DESTINY is now. Throughout history women contributed to every major accomplishment. The questions posed to understand history are great; however, the catalyst towards the ultimate transformation into who will be the next..., who will create the next..., who will provide the next...is

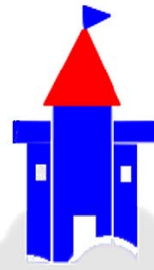
PEACE...BALANCE...COURAGE...GIVING....JOY...CLARITY...BEAUTY...WISDOM

We, as women tend to focus on the needs of others prior to our own. Why is that the situation most often than not? Could it be, that women tend to under value their experiences, abilities, goals, and dreams! No disrespect, but it is truly my personal opinion women have the ability to draw out the "best" in people. Women bring the "extra" to the table. Now in our quest to develop true "**Woman Power**" the opportunity to creating just that is upon us, not only as individuals, but as a gender, collectively our futures will not be as successful as our past without our pressing towards the mark of our higher calling. Whatever that "mark" is for you, GO GET IT! Enjoy, Embrace, and Empower yourself and others during this month celebrating Women's History.

If you are ready to unleash your ultimate power, contact Dream Builders Communication, Inc. for information on the Stages of Womanhood Peak Performance Coaching Session Promotion.

PEAK PERFORMANCE

COACHING



SESSIONS

*Dream Builders
Communication, Inc.*

Celebrating Women's History

“Stages of Womanhood”

Have you ever set goals in the past and not achieved them? Have you thought or believed in something or accomplishing something, but never took the first step to achieving it? Or, do you believe you have a “Greater” purpose in life, but not sure what “it” is? Then this coaching session special is designed for you. During these sessions, DBC will help you identify and tap into your Greatest Potential.

Week 1: Identifying ones true Purpose, Desire, and Passion.

Do you really know your strengths and areas of challenges?

Week 2: Evaluate Self, Expectations, and what is stopping “me” from Achieving. Mindset, you make the call!

***Week 3: Identifying my FEARS. Why is it so hard to say NO!
(Or in some cases to say YES!)***

Week 4 & 5: Unique development to meet the needs of each woman

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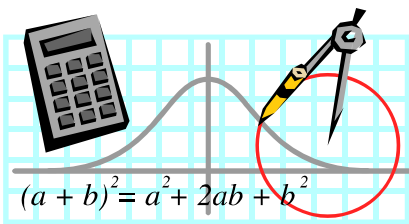
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Financial Corner

By: Yolanda Polk

We have seen the economy go through a major shift like never before and so many people are asking themselves if they will have enough money coming in to retire. No matter if you are young or old, there are so many questions and many uncertain answers. We must stay educated on what is going on in the financial world. Recommendations: CNNMoney.com, MSNBC, USAToday, Money.com to name a few. I read an article at CNNMoney.com that I thought would be very helpful based on what is going on in the financial world. Please read and see how you can benefit from the advice.



PLOT A COURSE OF ACTION

If you will have enough coming in to cover your living expenses, great. You can stick to your scheduled retirement date.

However, if you are coming up short - and I suspect many people will, given the toll the market's decline has taken on retirement accounts - then you will have to make some changes.

One option might be to retire on schedule but work part-time in retirement. Or, you might decide to work a couple of more years. That would not only allow you to accumulate a couple extra years of saving, it would also give your portfolio a chance to recover.

In addition, there is another advantage to working a few more years: a bigger Social Security check. Each year you delay taking benefits beyond age 62, you get "delayed retirement credits" that can boost your monthly check by about 8% for each year you postpone up to age 70. Your Social Security check might go up even more because the extra-accumulated wages can increase your benefit. You can see how much more you might receive by working a few extra years by going to Social Security's new Retirement Estimator.

It is crucial that you give yourself this sort of pre-retirement check-up before you leave a job that is providing a good paycheck and decent health benefits. Otherwise, you may find yourself having to go back into the workforce where, as an older worker, you may have a hard time duplicating the pay and benefits package of your old employer.

Finally, whenever you eventually decide to retire, be sure to check in every year or two with a planner or calculator to assure that you are not going through your retirement savings too quickly.

Starting with a modest initial withdrawal of around 4% of your retirement portfolio's balance and then increasing that amount for inflation each year generally gives you about a 90% chance that your savings will last at least 30 years. But if your 401(k)'s value takes a big hit early in retirement and you don't adjust your withdrawals, those odds can plummet.

Therefore, if you retire into a slumping market like this one, you may want to cut back your spending a bit so that your savings well does not run dry late in retirement. After all, what could be more disconcerting than to realize that you are in good enough shape to go another 10 or 20 years in retirement but your portfolio is only healthy enough to make it another five?

Don't Let One Event Define Your Day

By: Christopher Land



As we journey through life, there will be opportunities to throw in the towel and just give up. Let me warn you, this is not what you should do. We have all had unsuccessful events, mistakes, faults, and trouble Don't let one event define you or your day.

Let's take a minute to look at a typical day. Most of us take for granted the "good" things that happen all day and inflate the one bad thing. Often times there are over 3,000 things that happen "right". We tend to feel these things are meaningless. You woke up, there was hot water, the coffee maker was working, the car started, and no accidents on the way to your destination. The bus was on time, the key works for the lock, the heat is on

in the office, laptop booted without any quirks, but then copier was down until 11:30 a.m.

All else goes well throughout the day, but what's the first thing we say when we get home, "That dog-gone copier messed-up my day!" Don't let one event define you or your day.

It is never beneficial to dwell on your faults or focus on bad events. Now, remember what they are so you do not repeat them, but quickly move forward. Hold things in their prospective; be fair with yourself and the events in your day and life. Understand that "bad" things will happen; they don't have to happen to you, and even if they do, learn, grow, and move on. Never let one event define your day.

Spring Forward

By: Tiffany Jacobs

The time is coming where the flowers know when to bloom and the grass knows when to brighten its greenery. It is also a time when it is out with the old and in with the new. The old things from the winter receive a refreshing and in come the newness of spring.

Spring is a wonderful season to begin again if you got off to a new start in the New Year and did not follow through. It is a great time to get a new mindset and a fresh start in what you want to accomplish or attain. Do not get discouraged in what you have not already attained yet in this new year of 2009. Just do some spring-cleaning!

Sweep out all the negative thoughts that have crept in your mind and telling you, you cannot do it. Wipe up all of that negative energy from those people who continue to act as if they are for you

and truly are not. Dust off all of those emotions of lack and inadequacy. Touch up things with a smile and knowledge of knowing you are prospering and the plans for your future have already been written. Therefore, Spring Forward and away from the old and jump into the season while the dew is fresh and the sun is shining. Your future awaits you!



HERE'S WHAT OTHERS ARE SAYING ABOUT

Words Written by a Student of
Dream Builders Communication, Inc. Program

“Dear Mr. Griffin & DBC,

I am actually almost speechless! That was one of the first times that I’ve actually listened to one of the “visitors” we’ve had since I have been at this school. I really enjoyed it. You definitely, speaking for myself, spoke words of wisdom. I will definitely take what you taught me through my journey of life.

It was like you really understood us, and our culture of being in the 7th grade. You are also funny. I love to laugh, so that was a major highlight of the conversation. I promise you that I was paying attention the whole time. It really made a lot of sense.

I used to be the class clown and a joker. Now, that I’ve actually listened, I’ve made one of the biggest changes in my life. I don’t want to be the symbol for trouble anymore. I’ve learned to take my time and think. To think, all it took was for me pay attention.

I’m looking forward to your coming back again. I know I can do it. Not anyone else, but me.”

BIG EVENTS



March 2009 Special Feature Promotion: **PEAK PERFORMANCE COACHING SESSIONS**

Have you ever set a goal in the past and not achieved them? Have you thought or believed in something or accomplishing something, but never took the first step to achieving it? Or, do you believe that you have a “Greater” purpose in life, but not sure of what “it” is? Then this coaching session special is designed for you.

March 30-April 1, 2009: ***“Best Practices for Reaching At Risk Students”***

RAISING ACHIEVEMENT AND CLOSING GAPS

Whether it maybe outside or inside of the classroom more and more students are showing less respect for authority figures i.e. parents, teachers, law enforcement etc. like never before. Additional areas that students continue to struggle beyond the academic sector

are taking responsibility for class/homework and ultimately the overall lack of concern and motivation to achieve educationally.

March Calendar of Events

- March 2** The bell has “*rung*”, school is “*In*”, and Dream Builders Communication, Inc. and trainer extraordinary, Christopher Land has issued the wake-up call in Troutman, NC. Both Troutman Elementary and Troutman Middle will experience subgroup sessions that will rejuvenate the “educational juices” to flow, as DBC assists in preparing students for the second semester and EOG Testing.
- March 3** Kenston J. Griffin has a day chunked full of Coaching Sessions, as Dream Builders Communication is reaping the full benefit of offering FREE initial coaching sessions. See the [website](#) for this month COACHING SESSIONS special.
- March 4** With the changing dynamics, both inside the schools and in society, our educational system is stepping out of the “box” in assisting students, families, and communities create value for academics. Charlotte-Mecklenburg Truancy Court has engaged DBC to work with parents and students to assist in creating successful habits while gaining more value for education.

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- March 10** In any sports venue, the second half or 4th quarter tends to impact the turnout of the game. DBC, along with Harnett County, understands this process. With the securing of a DBC trainer for their schools' second semester, Yolanda Polk will focus primarily on EOG preparation, with intensity on mathematics and reading. We are expecting big results.
- March 18** During the month of March, West Iredell Middle School will participate in the *DBC March Madness Training Sessions*. These sessions will focus on fundamentals towards increasing test scores, decreasing discipline/referrals and complimentary support to the faculty and staff. DBC and West Iredell Middle School's collaborative team have stolen the ball and on the fast break for a slam-dunk on the EOG and EOC tests.
- March 19** Kenston Griffin will be meeting with the Greater Charlotte YMCA's to address the issues facing our community. He will be reaching out to the youth and adults to have effective community programs, and to promote the mission of the Y.
- March 25** New addition to the "DBC Fold"- As a result of the improvements made with the students, Iredell-Statesville has increased its intensity for the second semester by adding more schools. Monticello School has jumped on board, looking for DBC to assist in character development, and lessening the discipline/referrals and suspension rate.
- March 30** * Raising Achievement and Closing Gaps Conference – this is NC's signature educational conference, and it will be featuring Mr. Kenston J. Griffin and the Dream Builders Communication team. We are looking forward to sharing effective strategies to reach today's youth.

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