### Want to Be A Guest on the Show?

Contact Sylvia Henderson with your ideas and offers. Your topic must fall into the realm of personal, professional and business development or life skills programming. We explore the "human side" of topics as well as the technical side.

The program is a conversational talk-show format. The host (me!) asks questions and guests (that's you!) share their expertise and views. At times I present a controversial or counter-viewpoint to allow viewers and listeners to think about different angles of a topic. Challenges are not meant to be hurtful or put a guest on the spot. Such challenges are noted during guest preparation so that you are ready to meet the challenges when they occur.

Guests receive no monetary remuneration. (You won't be paid!) Outright selling your products and services is disallowed. What you <u>can</u> do is:

- Demonstrate your knowledge and skills in your specialty area through the program conversation.
- Provide contact information and a link to your site, which is broadcast at the end of the program.
- Provide additional information links for the program website.
- Wear clothing that has your logo on it (as long as it "makes sense" in the context of the program and topic).

Advantages to being a program guest:

- Exposure to an educated, middle-to-high-income, professional and/or home-based viewership (research Montgomery County MD demographics at my program website—"Topic Resources" link).
- You receive a professionally-edited DVD of your show after it airs for \$40.00 (covers costs of copying to DVD and mailing to you; station is a non-profit entity). Use it for your own promotional and product purposes. (Value = \$Thousands if you hire a professional videographer.)
- Practice honing your message and speaking "on camera" in a non-threatening atmosphere.

I invite you to join me on the show!

### **End Notes**

Program airs:



#### **Montgomery Municipal Cable Television**

For information on MMC-TV and its programming, contact: MMC-TV 3710 Mitchell Street Kensington MD, 20895 Studio Phone: (301) 942-6276 Website: http://www.mmcty.sailorsite.net



Your springboard to personal and professional development.

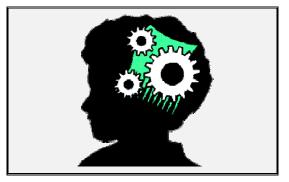
For information on Sylvia Henderson, her programs and products (Springboard Training), or "Think About It!", contact: Sylvia Henderson E-mail: Sylvia@SpringboardTraining.com Website: http://www.ThinkAboutIt.JumpStartYourMind.com

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# "Think About It!"

## Host: Sylvia Henderson

www.ThinkAboutIt.JumpStartYourMind.com



Personal, professional, and business development and life skills programming with a focus on human interest.

### About the Show

**Think About It!** is a television show providing personal, professional, and business development and life skills programming with a focus on human interest.

What in the world does this mean, you ask?

Well, I (Sylvia) am a writer, speaker, and trainer who works with organizations and individuals in the areas of professionalism, work ethics, and leadership. I do some motivational speaking on "success principles", also. As I work with clients, talk to people, read the news, and watch various media, the messages I receive over and over tell me something is missing that you want to hear and have: positive messages, concrete information about topics (rather than "fluff"), and ways in which you can explore a range of viewpoints on a diverse set of topics.

"Hmmmm", I thought. "I can provide the above if I have a forum in which to do so." I approached the MMC-TV General Manager with my idea and he said, "Let's do it". So here we are.

So what can you expect to see when you tune-in to "Think About It!" (which of course you will now set as a weekly "must see" on your VCR or digital recorder)?

The sky's the limit! Cliche, yet appropriate. "Think About It!" defies typecasting in terms of gender, ethnicity, culture, belief, political affiliation, lifestyle, subject matter, and other neat boxes we tend to want to fit things into. And don't look at my picture to make a judgment as to the type of programming we offer. Just because I'm Black/African-American and female means little in terms of program topics and who are my guests.

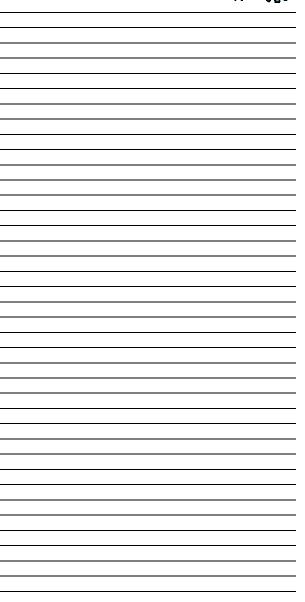
Our goal is to provide you with information and points of view about a range of topics that fall under "personal development", "professional development", "business development", and "life skills" labels. Our aim is to have topics of interest to business people, independent professionals, stay-at-home family managers, educators (and youth), and however else you define the demographics of Montgomery County, MD and the subscribers to the services that transmit this program.

My wish is that you tune-in to the show each week, take the topics that we cover, research them some more (by going to the program website and checking the "Topic Resources" section), talk about them with others, and...well...Think About It! If you learn something new, consider a different perspective, convey a point you find interesting to someone else, remain curious about "What's next?", and communicate with me through the E-Mail and "Communicate w/Host" sections of the website, then you fulfill what I hope to achieve.

So, tune in, take what you see and hear, and ... Think About It!



Program Notes and Ideas... Think About It!



### Examples of Programming: Past & Future

- Networking and conversational skills: Contacts Count!<sup>TM</sup>
- Winning the weight wars
- Overcome the fear of public speaking
- Self-esteem and self-confidence
- Dealing with difficult people
- Beauty and self-image: do they really relate to each other?
- Explore / discover your life's purpose
- Summer camp: pick, prep, pack...and party!
- Franchising: the right choice?
- How to buy a new / used car
- Compelling leadership / youth leadership
- When size matters: miniatures and models
- Running a home-based business
- Writing and language skills
- Action learning
- Train the brain to make decisions
- Giving care: resources and coping with the responsibilities
- Pitch your ideas: how to organize and present your ideas so they become reality
- Living with home remodeling: architects, builders, and homeowners
- "Conquering 'Newbieism": what to do as a new employee
- Handling emergencies
- "Play nice in the sandbox": teamwork
- What's it like to be...[name the title or specialty]
- Deal with bullies
- Event planning: what is involved? How to do it?
- Going green: recycle, reuse, restore
- Customer service
- Time management / organize your life
- Story-telling for business / personal
- Practicing "safe stress"
- Managing finances / youth investing
- Multiple generations in the workplace

These are but a few of the topics for "Think About It!". We welcome your suggestions for more.