

Helping and encouraging others

What would this world be like if we all helped and encourage each other everyday? Would we live in peace and harmony, free to follow our dreams, safe from the ravages of hatred, greed, drugs and crime? Whimsical conjecture? Perhaps, but some of the questions I put to students during my motivational presentations I gave at high schools across North America.

The topic of helping and encouraging others seems to go a long way and hits home with most of the teachers. "It's a subject that has never really been touched upon in our curriculum", said one teacher at a local high school. I detail specific methods students can use at home and at school to help others better their own lives.

Giving students a chance to speak out during the presentation creates an immediate rapport among the audience. Everyone is listening as people relate the trials and tribulations they go through on a daily basis. Most of us have no idea how troubling other people's lives can be.

I remember speaking with a young teenager about junior high after one of my motivational talks. He stated "I find it difficult to comprehend a lot of the home work that I have. I just don't understand everything!" I inquired if he felt comfortable asking his teacher or a guidance councilor for the help. His response: "My teachers seem to always be too busy and my parents never give me the attention that I need." I took the student to see a guidance councilor, who showed him how to tackle the problems that he was facing. A few weeks later I received an email from the teen saying he was feeling a lot better about schooling and had a lot more self confidence in himself.

"Everyone you meet is fighting a harder battle than you!" – a quote that rings true in today's world. Unfortunately not everyone realizes that. The world is a busy place. People have jobs to attend, bills to pay, families to support. Sometimes it's just easier to look the other way.

That's why I feel that it is important to spread the word about helping and encouraging others. Humans are social beings. As such we must realize we can't fulfill our dreams and aspirations without the help of others along the way. So the next time you see someone going through a tough time, go the extra mile and help out. You'll be amazed how it comes back to you in the future.