



# LIVE ABOVE THE NOISE

## Podcast

### THE CHOICE-FULL FAMILY PROJECT

#### WHAT IS CHOICE-FULLNESS?

Choice-Fullness is a power we all possess, but seldom think about. It is made up of three things:

1. Our **Awareness** - of ourselves and the world around us.
2. Our **Ability** - critical thinking, creativity, communication, resilience, etc.
3. Our **Control** - self-management of our thoughts, feelings and actions.

The more we develop our Awareness, Ability, and Control (our Choice-Fullness), the more power we have to take charge of our own lives - and future.

For children growing up in today's accelerating digital world, developing Choice-Fullness has become more difficult than ever before. Children today face a relentless barrage of distraction, distortion, disruption, and overload (Noise) that often overwhelms and impairs their cognitive and emotional capabilities.

Cutting back on children's tech use is a valuable strategy that can help protect their healthy development, but unfortunately, it is not enough. Even when children are not on their screens, the world around them (friends, school, etc.) continues to be shaped and influenced by products and values that advance the profit-driven interests of tech, media and consumerism...and our children continue to be vulnerable to their toxic and addictive effects.

Only by helping our children become more Choice-Full, can we protect and prepare them for a positive and fulfilling future in the Age of Noise.



## **HOW CAN WE HELP OUR CHILDREN BECOME MORE CHOICE-FULL?**

We can help our children become more CHOICE-FULL by teaching them *Life-Choice skills*.

## **WHAT ARE LIFE-CHOICE SKILLS?**

Life-choice skills are a critical set of *proactive self-management skills* specifically designed by Dr. Reiher to help children and families expand their levels of Awareness, Ability and Control (Choice-Fullness) - in order to better navigate the ever-increasing pressures and challenges of our accelerating digital world.

## **WHY DO CHILDREN NEED TO LEARN LIFE-CHOICE SKILLS? DOESN'T SCHOOL PREPARE THEM FOR THE FUTURE?**

No - unfortunately, the skills our children learn in school today do not adequately address the growing negative impact of toxic tech, media and consumerism on our children's development. School alone is simply not enough to prepare them for a fulfilling future.

Children today are under intense pressure. They live in an always-on digital world that shapes everything they think, feel and do. It is a world that constantly sells them the illusion that attention and superficial measures of success are all they require to achieve happiness, meaning and fulfillment in their lives. Unfortunately, it's a lie - and our children are paying a heavy price for it.

Just as a muscle weakens due to lack of exercise, our children's repeated exposure to this disempowering psychological conditioning weakens their levels of Awareness, Ability and Control - re-wiring their brain circuits and leading to *immature development and a pattern of poor self-management* that has life-long implications.

Never have our children needed life-choice skills more than they do today.

## **HOW DO CHILDREN DEVELOP LIFE-CHOICE SKILLS?**

Developing life-choice skills (and becoming more CHOICE-FULL) is a process, not a quick fix. It doesn't take a lot of time (a few minutes a day), but it does require that families commit to actively using the tools and strategies provided in the podcast - in order to fully integrate them into their lives.

To facilitate this process, we'll be introducing parents to a unique, family-friendly approach called *THE INNERTAINMENT PLAYBOOK* - which utilizes entertainment insights in an engaging and motivating way to enhance parent/child communication.



Dr. Reiher designed and taught the first Innertainment course in the country, and has used the Innertainment method in various successful projects - including one with Baylor School of Medicine, designed to help children make better eating choices. With LIVE ABOVE THE NOISE, he has now adapted his university level Innertainment course to help children and families develop life-choice skills through this podcast.

INNERTAINMENT is based on Dr. Reiher's forty years of research and experience as a development and educational psychologist working at the highest levels of the kids media and entertainment industries.

### **THE PODCAST PLAN**

We've created this podcast to be a valuable resource for you and your family. We suggest you listen to the podcast episodes in numeric order, since each of them is designed to build upon the preceding episodes.

Episode 1 through 8 lay the foundation for CHOICE-FULLNESS by covering topics such as the High Brain, the Cycle of Noise and Time Design. Starting with Episode 9, we move on to helping families understand and develop life-choice skills.

In addition, the podcast will feature a number of special guests, ranging from parents to parenting experts. These episodes will explore how life-choice skills positively impact such behaviors as critical thinking, resilience, attention, relationships, motivation, stress, anxiety, bullying, self-control, communication, obesity...and more.

### **NOISE WATCH**

Both the NOISE WATCH page on our website, and our email NOISE WATCH UPDATE, are designed to provide parents with the latest information they need to stay up-to-date on tech, media, and consumerism issues that impact their children and families.

### **THE MESSAGE OF CHOICE-FULLNESS**

We believe it's time to create a more CHOICE-FULL world - for our children, our families, and our society. If you feel the same way, we invite you to join us in this CHOICE-FULL FAMILY PROJECT.

- If you enjoy our podcast and think it is of benefit to your family, we hope you'll tell your friends. Our website is **LiveAboveTheNoise.com**.
- If you're a member of an organization or group that shares our belief in the power of CHOICE-FULLNESS, we'd love to hear from you: [info@LiveAboveTheNoise.com](mailto:info@LiveAboveTheNoise.com)

Thank you...and **LIVE ABOVE THE NOISE**.

Wayne and Rob