

# GIFTS

*from the*

# MOUNTAIN

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SIMPLE TRUTHS FOR LIFE'S COMPLEXITIES

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BY  
EILEEN McDARGH

TRAINER'S GUIDE

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**Gifts from the Mountain Trainer's Guide**

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# About Star Thrower Distribution Training Programs

Star Thrower Distribution develops meaningful training programs intended to make an impact and enhance learning at all levels. The programs, designed to clearly teach new ideas, inspire viewers to take action and embrace change.

Because the fundamental purpose of training is learning, our materials are designed to make learning more effective. Our programs help viewers learn by understanding the topic, recalling the information, and applying it after the training has concluded. Successful training means that participants can use what they have learned and take action because of the experience. Through effective storytelling, our programs quickly captivate the viewer and appeal to a wide spectrum of organizations. Star Thrower titles clearly introduce the content, and the memorable stories create a strong connection for the viewer. The programs and support materials encourage the viewer to apply what they have learned as it is relevant to their personal and/or organizational values.

## Using a Star Thrower Title

Star Thrower titles can be used as independent learning experiences, or as a part of other specific initiatives. In both circumstances, the programs help engage the participant and encourage creativity and a willingness to change.

Additionally, because the content presented in the programs is fundamental and offers simple, yet solid learning points, viewers from a broad spectrum of organizations and audiences can apply what they learn to their own situations.

Star Thrower programs are developed to help the trainer thrive. They include a variety of support materials to make teaching easier for the trainer and learning easier for the viewer. The trainer has multiple options to make the training successful; trainers are encouraged to review the included support materials, determine which sections are relevant to their needs, and consider how the information applies to their organization.

### **MATERIALS INCLUDED WITH GIFTS FROM THE MOUNTAIN:**

Trainer's Guide:	This guide is intended to help the leader learn more about the program and develop a successful training session. The guide includes insights into the program and general questions to use with a group. Trainers can read the sections to the group or modify the content for their own organizations.
Conversation Guides:	Three conversation guides— All Users, Education, and Health Care, are included with the program. These questions will help create meaningful discussions.
PowerPoint™ Presentation:	The PowerPoint™ presentation highlights the film's key points and corresponds with the Trainer's Guide.

# About Gifts from the Mountain

*Gifts from the Mountain* is a full-length Star Thrower program that helps viewers better handle everyday challenges in life and at work. Author Eileen McDargh discusses how her backpacking trips around the world forced her to slow down, consider her surroundings, and get away from the demands of an otherwise hectic life. The lessons she learned helped her become more productive, positive, and purposeful at home and in the workplace. This beautiful and insightful film discusses some fundamental truths to help us deal with life's complexities by enjoying the journey.

## About Eileen McDargh

Eileen McDargh is a leadership expert, professional keynote and workshop speaker, author and consultant. Since founding McDargh Communications in 1980, Eileen has helped organizations and individuals transform the life of their business and the business of their life, through conversations that matter and connections that count.

She draws upon practical business know-how, life's experiences, and years of consulting to major national and international organizations that have ranged from global pharmaceuticals to the U.S. Armed Forces, from health care associations to religious institutions. Executive Excellence magazine continually ranks her as one of the top 50 thought leaders in self-leadership development.

She has authored multiple leadership books, and as a business author and commentator, she's appeared on network news, on radio programs, and in business journals and major metropolitan newspapers. She has headlined with speakers like NBA Coach Pat Riley, Notre Dame's former coach Lou Holtz, Dr. Ken Blanchard, executive strategist Marshall Goldsmith, William Bridges, and boardroom poet, David Whyte.

Eileen is a certified speaking professional (CSP) and her election into the CPAE Speaker Hall of Fame places her among the top 3% of speakers in the United States. She recently completed two three-year terms on the Board of Directors of the National Speakers Association and also currently sits on an advisory board for Take Back Your Time, a North American initiative for work/life integration practices.

# Gifts from the Mountain

## Simple truths for life's complexities

We live in a non-stop, complicated and challenging world. In *Gifts from the Mountain*, Eileen McDargh emphasizes how slowing down and noticing our surroundings can make an enormous impact on our day to day lives. We all climb some kind of mountain everyday. By considering what we are doing and how we are doing it, we can have a better appreciation for what is going on around us, stronger tools to deal with challenges and complications, and overall, a more meaningful, purposeful life.

### Concepts from *Gifts from the Mountain* include:

Look For Viewing Points

Every Ounce Counts

Don't Cross The Creek Until You Come To It

Watch For Wild Onions

The Easy Trail Can Be The Most Dangerous

Celebrate How Far You've Come

## SECTION ONE

# Look For Viewing Points

In *Gifts from the Mountain*, Eileen highlights the importance of seeking multiple view points, perspectives, and opinions, instead of one, single viewing point. She cites the example of her fixer-upper house that needed countless renovations—and because she was so focused and concerned about the house, she missed the beautiful, sixty foot palm trees growing on her property. Instead of considering the possibilities and noticing the depth of her surroundings, she focused her energy on the immense amount of work the house needed.

While we might question how she missed the palm trees, it is easy to do. In this example, Eileen was so concerned about the house, that it was her only focus. It took an outside voice, in this case, the neighbor, to help her see the possibilities.

This example reiterates the importance of having many view points, being open to others' opinions, and more importantly, seeking out opinions from those we may not want to hear from. Not only will this help us have a broader perspective on the problem we are facing or the decision we are trying to make, but it will also provide us with an open mind and a better attitude.

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Has this ever happened to you? Have you been so focused on something that you missed the bigger picture? What happened?

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## SECTION TWO

# Every Ounce Counts

As Eileen notes in the program, while novice hikers often bring along unnecessary gear on their journeys, seasoned hikers make the most of what they pack because they know extra baggage will only impede the trek. Every ounce counts, bringing too much can cause problems, and chances are, we don't need as much as we think we do. Just as hikers need to take careful inventory of their gear and make the case for what they bring, the same concept can be translated into life off of the trail.

What about you? What can you get rid of? Perhaps it is your physical space, like piles of paper in a cluttered office or old clothes that could be donated, making space in a packed closet. Maybe we don't need to print every email or memo, and can instead develop a better electronic filing system. Perhaps it's emotional baggage such as fear of making a change or an unwillingness to try a new idea because of past failures. Perhaps it is something else altogether. Just like that hiker on the trail, in almost every situation, we need to look for opportunities to lighten our packs and remember that every ounce counts.

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What are you holding on to that you no longer need? What can you get rid of?  
How would making this change improve your work/life?

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## SECTION THREE

# Don't Cross The Creek Until You Come To It

Don't cross the creek until you come to it. This quite simply means, instead of agonizing over what awful or scary thing might happen, simply deal with it when it does. We've all done it—created scenarios in our heads and expended a lot of energy and “what ifs” over an upcoming event, conversation, project, etc. Usually, they are not nearly as bad as we expect; looking back, we realize we wasted a lot of negative emotional energy for nothing. While it is always important to be prepared and worrying is a natural part of life, worrying unnecessarily or obsessively is something we should try to avoid when possible. Sometimes, it even causes more stress than the actual event.

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Think about the last time you spent a lot of energy worrying about “crossing the creek” before it happened. What happened? Was your energy well spent? Why or why not?

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## SECTION FOUR

# Watch For Wild Onions

In *Gifts from the Mountain*, Eileen discusses how finding wild onions can help add zest to our lives. In the program, she comes upon a patch of wild onions. She was not looking for them, and was certainly not expecting to find them. Yet there they were—wild onions perfect for cooking and enhancing the dish she was planning to prepare. Her dish would have been just fine without the onions, yet their addition will certainly enhance the flavor.

Eileen found the onions because she was aware of her surroundings and was open to the chance that there might be something unexpected out there. Obviously we won't find any wild onions in the corporate boardroom or the urban community center, but if we are open to it, who knows what we might come across? Perhaps a new and unexpected idea or innovation to make life a little easier or a little more fun? Possibly a new mentality to make life and work a fulfilling? Every environment has its own wild onion; it is up to us to find it!

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What's your wild onion? What can you add to your home or workplace to add a little more zest to your everyday life?

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## SECTION FIVE

# The Easy Trail Can Be The Most Dangerous

A very important concept to remember is that when something is easy, it can also be dangerous. In hiking, Eileen states that the easy trail can be the most treacherous because it is easy. If the terrain is straightforward and simple to navigate, we are at higher risk for error due to not paying close attention. When we don't pay attention, mistakes and accidents are more likely to happen. Conversely, if the terrain is challenging and risky, it demands our complete focus. When we are focused, we are less likely to make a mistake.

We've all done it— those little mistakes we wish we could take back. Mistakes happen, it is a fact of life and of doing business; however, if we remember to stay as focused as possible even when we think it's easy, mistakes are a lot less likely to occur.

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Consider your own work. Have you ever made an unnecessary mistake on something you consider simple or on something you've done correctly for years? Think about what happened. Were you working too fast? Were you trying to do too much at one time?

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## SECTION SIX

# Celebrate How Far You've Come

It is so important to celebrate our successes when things go well, when we've done a good job, or when we've learned a valuable life lesson. Whether it's a major accomplishment or a smaller milestone, by reflecting on what happened, what went well, and what could use improvement, we acknowledge what is possible. Celebrating means giving ourselves credit, honoring the time and energy we spent in the effort, and encouraging future accomplishments.

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What have you celebrated lately? Have you missed an opportunity to celebrate? If so, why?

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**NOTES**





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