

Cam White presentation: Ditch the Labels!
Teacher Discussion Question Guide

*What was your biggest takeaway or “ah ha” moment from this presentation? Why?

*Cam talked about how there are different types of labels that we give things or people. Sometimes they can be “restrictive” or “inaccurate”, as he mentioned.

-What do these terms mean?

*One of the first questions Cam asked in his presentation was, “Who are you?” and he mentioned that we all have multiple “sides” to us?

-What are the different “sides” or aspects of yourself that make you who you are?

-How would you explain, “Who am I?”.

-What would your “labels” say?

-Thinking about these labels, which ones did you give yourself? Which ones have you “adopted” or taken on that others have put on you? Are these labels helpful or are they restrictive/inaccurate?

*What do you think of this quote from Cam’s presentation:

“Don’t limit yourself and your future with unnecessary labels”.

-What does he mean? Is this relatable to you?

-How might this help you in the future?

*Cam talked a lot about “knowing your why”.

-What does he mean by this and why does it matter?

-How does this relate to what Kelly talked about in week 3 with goal setting?

*How does the concept of restrictive or inaccurate labels relate to the thought chain we learned in week 1? How does it relate to the concept of perspective (and shifting our perspective) that we talked about in week 2?

*Summary of message:

-Who am I?

-What do I want out of life?

-Why?