**Call to Adventure Radio Show:**

with Alex Opoulos and John Duckworth

We are thrilled to have the opportunity to enter into a conversation with you about meaningful moments in your life that we might refer to as “Calls to Adventure” We thought it would be helpful to provide you with an introduction to the concept, along with some things to begin thinking about prior to our recorded conversation. We have found that it is very difficult to determine someone’s seminal life moments via a google search. So rather than guessing at what they are, we ask you simply to identify them for us. 1 or 2 sentences should suffice. We then provide you with a host of questions for you to think about as you begin your preparations. We hope that this introduction helps you in your preparations enabling us to have a rich and impactful conversation to share with our listeners.

In the beginning of our show we will ask you 3-5 simple questions. Those questions are indicated below.

Beginning Questions:

* Who locally do you find inspires you?
	+ The Women in my life, Grandmother, Mom, Sisters, Wife and Daughter
* What trait do you most admire in others and which do you most deplore?
	+ Admire communication, honesty, humility and those who live authentically
	+ Deplore those who never ask questions, carry big sticks and seem to be constantly looking in the mirror
* Music you are currently listening to?
	+ Dawes, Gary Clark Jr. Mumford & Sons, My Morning Jacket
* What book currently sits on your nightstand. What was the most meaningful book you’ve recently read?
	+ On the nightstand lie How to Live, the life of Montaigne
		- One question- How to live- 20 answers
			* Don’t worry about death
			* Pay Attention
			* Question everything
			* Wake from the sleep of habit
			* Reflect on everything, regret nothing
			* Give up control
			* Let life be it’s own answer not the end
	+ Final Rounds, a father, a son, the golf journey of a lifetime

Most meaningful-

Let my people go surfing by Yvonne CHouinnard- implementing your philosophical ideals through your vocation, not one life lived one way, another life lived another

The Art of Living – Epictetus

Daring Greatly by Brene Brown

* Consider Charleston as a person, how would you describe him/her? (be as descriptive as possible)

I definitely think of this city as a person, a woman as I think she has a lot of feminine qualities, being open, hospitable, graceful, elegant, refined and yet she also has a darker side which is both mysterious, dark and on occasion disturbing. I love this woman as she holds the stories and wisdom of an elder but she is historically young, a lot in life yet to be learned and I think open to those opportunities. I hope that as she enters these teenage years, she will not be moved by her recent popularity, that she will hold her long held values dear. I love that she has a strong voice, an opinion on most topics and is fierce in advocating her views while seemingly open to the beauty of maturing which is her ideal future. There is nothing more beautiful than a woman who fully embraces aging in all its glory. Wrinkles to me are the lines that tell the stories, rich, deep and enticing. I hope Charleston embraces her wrinkles

* Favorite Quote- We will ask you to recite/read this quote at the end of our interview

Thanks for taking the time to think through these questions and for enabling us the opportunity to heed our own Call to Adventure via this program. We are humbled and honored to spend time with you as we discuss these pivotal moments that have helped to shape your life.

 Less is more by Mies Van Der Rohe

 If by Rudyard Kipling-

**Program Description:**

Program is a 30-40 minute conversation hosted by Alex Opoulos and John Duckworth. The underlying ethos of the show is inspired by the ideas of mythologist Joseph Campbell. Campbell studied human narratives throughout recorded history in an attempt to find common threads, and what he found he refers to as “The Hero’s Journey” or “Monomyth”, which he says is embedded in the DNA of humanity. This journey unfolds in distinct stages in a circular pattern - Ordinary Life, The Call to Adventure, The Departure, The Initiation, The Transformation, and the Return. The initial Call to Adventure involves stepping into the unknown, where the “hero” discovers new aspects of himself/herself and the world at large. Campbell is clear to point out the ‘hero’ in these stories is a metaphor to inspire everyday individuals to step out into the unknown as well - because, as he points out, this is where all the magic is, this is where growth occurs - stepping out of our comfort zones and embracing the unknown with curiousity.

From this vantage point we would like to engage each guest in a conversation about those moments in their lives that proved pivotal, and set their course of action (whether willingly or thrust upon you). Something that either illuminated a path, forced a decision, inspired courage, or nurtured discipline- something that gave purpose, meaning and direction to your life……. A particular moment (be it happy, sad, tragic etc), or a specific person (parent, mentor, boss, enemy) or a job, project, risk, or fear……. Something that in hindsight can be identified as a key moment, a turning point that solidified a direction.

As the adventure unfolds in Campbell's Monomyth, there is a destruction of the world we know and ourselves within it, and then an amazing reconstruction of a bolder, cleaner, more spacious and fully human life.  The “hero” is in all of us and is the person who has been able to battle past his personal and local historical limitations to find the primary springs of human life and thought and become ‘reborn’.  The secondary task of each ‘hero’ is to then return to us (the world), transformed, and teach the lesson he/she has learned of life renewed.

However, it’s important to mention that this doesn’t have to be “lofty” or “grand” or “heroic”, it can be a simple moment from your childhood where you won an award, first rode a bike, or camped alone… or it can be a major adult event, like the death of a loved one, a divorce, or a move…

With that in mind please identify 2 or 3 times where you heeded the Call to Adventure.

* Call to Adventure:
* Call to Adventure:
* Call to Adventure:

Our likely follow up questions will look similar to the following:

* Describe the moment, what did it feel like, how old were you, where did it happen
* Was there fear/anxiety or was there a trigger or catalyst
* What was it about that moment that stands out?
* What did you learn most from that change in path?
* Did you understand it as it was happening or only in hindsight?

Joseph Campbell also refers to the “Refusal of the Call” in which the path or choice is recognized but for some reason (fear, comfort etc) the call is not heeded

Please identify 1 or 2 times where you chose not to take the Call to Adventure

* Refusal
* Refusal

Our likely follow up questions will look similar to the following:

* What was the fear/anxiety?
* Do you have regrets about that refusal?
* Was it an experience you learned from and what was the lesson?
* What are your suggestions to our listeners out there who may have a Call in front of them?
* Do you have any advice?
* What is next for you? Is there an adventure out there calling your name?

**BIOGRAPHY**

If you have a “ready-made” bio that you can send to us, please do so… if not, and you have the time, please list a brief chronology of your personal history - where were you born, where you have you lived, brothers/sisters, jobs, children, etc…