
The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 10, No. 4

Your Essence In Action

Fall 2012

Happy 10th Birthday ALC!! by Debbie Oudiz

Yes, it's true. ALC is 10 years old. What a wonderful feeling to be around so long that we are now in double digits. We celebrated on Saturday September 15th with 80+ community members and received well wishes from many, many more. It has been a great opportunity for us at ALC to reflect on the past ten years, look at all we have accomplished, and cherish our friends and community who have supported and inspired us over this decade. Heart felt thanks to all who volunteered to make our party a success: Serena Posner (planning and decorations galore!), Larry Burow (sound and Emcee), Bill Veerkamp (best hot dogs EVER), Erin Leebolt (cooled us down with shaved ice), Alicia Stammer (art work and planning), and Rene LeClerc (planning and Mafia Magic with Chris). And a particular thank you goes out to all of you who contributed to our scholarship fund. You rock!

So here's some of the ALC highlights over these past ten years:

- 37 *Leading from the Center* Trainings
- 9 *Going Deeper*
- 222 Living Authentically
- 111 Coach Trainings
- 38 Seminars and Other Trainings
- 20 *Compassionate Communication* and follow-up sessions
- 6 *Couple's Dialogues*
- 3 Men's Retreats

Lots of community picnics, holiday parties, fundraisers, and fun times

During these ten years, ALC has been in four different locations: the Fair Oaks Grange, Old Placerville Road in Rancho Cordova, Fair Oaks Blvd in Carmichael, and for the last four years on Coloma Rd in Gold River. We have lots of fond memories of all our "homes", but we do know that home is wherever our heart and community are.

So what's next? In addition to the *Leading from the Center* trainings, we are planning on doing another Men's Retreat and adding a new Women's

(continued page 3)

Quick Notes

Info Night - Dec. 3rd.

ALC All Season Celebration - Dec. 20th.

Leading from the Center - The Winter session of our life-changing workshop is Jan. 25 -27 and Feb. 6 -10.

Going Deeper - Mar. 6 - 10th.

Igniting Your Creative Spirit - Mar. 23rd

What's Inside...

- **Going Deeper** 2
- **Igniting Your Creative Spirit** ... 2
- **The Voices Within**..... 2
- **Tips for Living** 3
- **Coaches' Corner** 3
- **New! Woman's Retreat**..... 4
- **Men's Retreat** 4

ALC Workshops/Events

We have many exciting workshops and trainings coming up in 2013 in addition to our *Leading from the Center* trainings and Living Authentically support groups. Come join us!

Going Deeper: Advanced Workshop - March 6 - 10

Going Deeper is another opportunity for graduates of *Leading from the Center* and similar trainings to address issues at a deeper level or to work on material that has surfaced since graduation - utilizing many of the same profoundly transformative processes used in *Leading from the Center*.

Held in a relaxed, community-style atmosphere, and under the guidance and coaching of the ALC Leadership team, experienced participants have the very personal opportunity to actively define the work they wish to do and how they will do it. The workshop utilizes concepts from Wayne Muller's book, *How Then Shall We Live*, which asks and examines four basic questions: Who am I? What do I love? How shall I live, knowing I will die? and What is my gift to the world? This workshop starts at 6:00 pm on Wednesday and continues through 6:00 pm Sunday.

The tuition for Going Deeper is \$995 per person. An early registration discount of \$795 is available if you register and pay by February 1st.

Igniting Your Creative Spirit! - Saturday, March 23rd, 1 - 4 pm

Join Daphne and Alicia Stammer in an exploration of your creative spirit. Embrace your creative fears, welcome imperfection, and silence the inner critic. There is no right or wrong way to create, but there is YOUR way. Your way is neither perfect nor imperfect -- it just is.

This workshop provides the opportunity to create, explore, and become familiar with various art materials and techniques. Techniques include painting, stamping, stenciling, pasting and layering. Through creative discovery you will learn to make these techniques your own. You will be immersed in ideas, techniques, and encouragement to motivate you to create your own artful masterpiece.

Cost: \$20. All materials are provided and you will end the day with a finished work of art. Watch the ALC ENote and website for RSVP directions.

The Voices Within: Sorting out your inner chaos April 4th, 6:30 - 8:30 pm

If you want to make peace with the voices inside your head, this workshop is for you! The ALC Leadership Team will guide you through experiencing and understanding the various voices that fire off and create internal chaos. What each voice has to say can be very surprising and illuminating. Learning to dialogue with your inner voices gives you more awareness, choice, and power in your life. The workshop is open to anyone and will be a fun and educational experience.

Cost is \$15 per person and takes place at the Authentic Leadership Center. Watch the ALC ENote and website for RSVP directions.

(continued page 4)

The **AUTHENTIC NEWS**

Newsletter of the Authentic Leadership Center

The Authentic News is a quarterly publication produced by The Authentic Leadership Center, LLC. If you have any questions or wish to submit content for possible publication in the newsletter, please contact us by mail or email:

11344 Coloma Road, Suite 435
Gold River CA 95670-4457
info@AuthenticLeadershipCenter.com

(continued from "Birthday" page 1)

Retreat. Going Deeper will be offered in March 2013, and we are always open to adding another if the demand is there. We will be offering more focused advanced coach trainings as well as our introductory coach trainings. We'll be holding two Living Authentically almost every month with lots of great topics, exercises, and connection time. Picnics, holiday party, and celebrations are also in the works. Check the website (www.AuthenticLeadershipCenter.com) for dates and times. We also try to keep everyone apprised with our weekly eNote. If you aren't receiving this email, let us know! Send an email to info@authenticleadershipcenter.com.

But most important of all, we look forward to another year here at ALC with all our activities and with you.

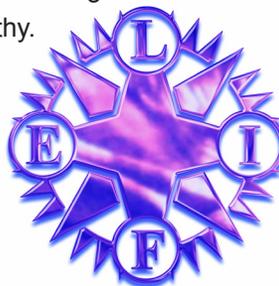
Thoughts on forgiveness...

Are there benefits to forgiving? The science is clear, letting go of grudges is good for us. It stops the production of stress hormones that are triggered when we get upset thinking about someone who has hurt us. It also increases our sense of well-being.

Ways to Heal the Hurt:

- Let it rest. Consider taking a break from seeing someone who hurt you.
- Trade places. Recall a time when you hurt someone and couldn't admit it and were still forgiven. We are all human.
- Accentuate the positive. Try to see the person who hurt you as a good person who did something bad, not as a bad person. If possible, view them with compassion.
- Get real. Look at your expectations of how things "should" be. Accepting that life isn't perfect is healthy.
- Be grateful. Instead of focusing on the hurts in your life, count the things that bring you joy.

Excerpt from article by Dr. Fred Luskin, Dir., Stanford University's Forgiveness Program



Coaches' Corner

By Lou Zweier

Role Playing

One of my favorite parts of coaching is role playing. It's fun to pretend I am someone else and to put myself into a situation with another person. I let myself just respond in the moment to what happens, and make it as real as I can for myself and the other person. Role playing is also very meaningful for me because I know I am using my life experience (sometimes painful) to help another person work on some aspect of their life. Role playing also deepens my compassion and understanding for others as I step into finding something within myself that can motivate the behavior that happens in the role play. In this way, role playing actually helps me grow to understand myself and others better.

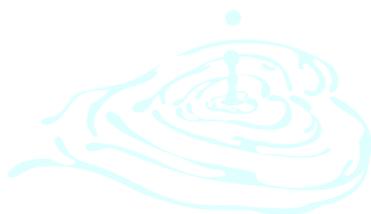
One of the most beautiful things I witness in the training is watching other coaches role play too. It is very moving to watch the gifts that are given in role plays; and a sweet irony to see coaches tap into their knowledge of the pain they have experienced to help others heal.

So I hope you will come coach (and role play) with us if you haven't done so in a while, or that you will consider coaching with us if you haven't done so yet!

Leading from the Center INFORMATION NIGHT

Monday, Dec. 3rd.
7 – 9 pm

Join us, and bring a friend for an informal evening and the chance to explore who we are and what we do. Graduates, please join us and share your experience!



If you wish to be removed from the ALC mailing list, send a message to:
info@AuthenticLeadershipCenter.com

(continued from "Workshops/Events" page 2)

New! ALC Woman's Retreat - August 9 - 11

Join Maril Cardwell and Gayle Mathe on the first ALC Women's Retreat. The weekend will begin Friday early evening and end mid day Sunday. Meals will be made and eaten together and there will be ample group processing and personal time. Mark your calendar now if you are interested. Details about the location, price, and registration will be forthcoming as the date approaches.

ALC Men's Retreat - August 23 - 25

Chris Mathe, Phil Stahr, and Lou Zweier will host **ALC's fourth Men's Retreat** in a very comfortable cabin in the Lake Tahoe area. There will be some organized activities and plenty of personal time to consider what it means to be a man in today's society. Any man, 13 years or older is welcome to join us. Space is limited. **The fee is \$165 per man.** We will make and share all meals together and the fee includes food. Register online by going to the Master Calendar page on our website and clicking on "Register Here" next to the description of the retreat.

Master Calendar of Events

Living Authentically (Thursdays, 6:30 - 8:30 pm \$15/person, \$25/couple)

Dec . 6	Jan 17 & 31	Feb. 14 & 28	Mar. 14 & 28
Apr. 11 & 25	May 9 & 30	June 13 & 27	July 11 & 25

Seminars and Workshops

Mar. 6 - 10	Going Deeper
Mar. 23	Igniting Your Creative Spirit
Apr. 4	The Voices Within

Leading From the Center (two session, 8-Day training)

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Winter '13	Jan. 25 to 27		Feb. 6 to 10
Spring '13	May 3 to 5		May 15 to 19

Events and Gatherings - check the website for details

Info Night - Dec. 3rd, 7 - 9 pm

Coach Training - Feb. 23rd, Saturday 9- 12 pm

ALC Season Celebration, Thursday, Dec. 20th, 6:30 - 9 pm

Men's Group - 1st & 3rd Tuesday nights each month - 7:00 - 9:00 pm

The Management Team

Maril Cardwell 916-838-1321
maril@authenticleadershipcenter.com

Chris Mathe 916-709-1170
chris@authenticleadershipcenter.com

Gayle Mathe 916-709-9233
gayle@authenticleadershipcenter.com

Debbie Oudiz..... 916-804-6647
debbie@authenticleadershipcenter.com

Phil Stahr..... 916-812-3726
phil@authenticleadershipcenter.com

Lou Zweier..... 707-364-7907
lou@authenticleadershipcenter.com