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# The AUTHENTIC NEWS

*Newsletter of the Authentic Leadership Center*

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Your Essence In Action

Fall 2013

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## Living a Vibrant Life!

(Vibrant = pulsing with vigor and energy)

The other day I was sitting across the table from my dear friend Ev who leaned back in his chair and exclaimed, "I love this time in my life." Ev is 80 years old, a successful painter who sees himself doing his best work ever.

There are many ways to approach our elder years. One way is to view the coming years as a downward spiral filled with physical decline, buying into the many negative comments that abound about aging. Another way is to succumb to the belief that what was is so much better than anything that is or will be. Still another approach is to see aging as a time when it is possible to grow, to learn, to remain vital and engaged, to find enlivening ways to contribute and to make a difference. It is critical to note that this last approach is not determined solely by our physical capacities.

Although growing older is a given, how we come to our aging years has a lot to do with the choices we make. In other words, we have something to say about it. And when it comes to aging, being aware of how we choose to age is vital.

There is a cultural push to hang on to youth as the treasured time of our lives and to resist or deny that we are in fact aging. Denial keeps us stuck in resistance and when it comes to aging, can make us one of those grumps and complainers that no one wants to associate with. Resisting aging, denying that we are getting older, only serves to block the energy and vibrancy that is available to us.

Once we acknowledge we are aging and do so without resentment or despair, we can make choices and take responsibility for how we will show up in our aging years. To choose aging is to engage in the life we have – not the life we don't have or the one we used to have.

So begin today – choose this day with all the gifts it brings, no matter how they may be wrapped, and at the end of the day look back at all you have been given and give thanks.



Elizabeth Bell Ph.D., Founder, Elder Wisdom Initiative, brings her passion for life and exploring how to age vibrantly to ALC with her new workshop "Aging with Vitality and Grace." Details on page 2.

(continued page 3)

### Quick Notes

**Going Deeper** - Sept. 25 - 29.

**Aging with Vitality & Grace** - Oct. 12, 2013 - May 10, 2014.

**Leading from the Center** - The Fall session of our life-changing workshop is Oct. 4 -6 and Oct. 16 - 20.

**Igniting Your Creative Spirit** - Nov. 2nd.

**Info Night** - Nov. 18th.

**Season Celebration** - Dec. 19th.

### What's Inside...

- **Going Deeper** ..... 2
- **Aging with Vitality & Grace** ..... 2
- **Igniting Your Creative Spirit** ... 2
- **Tips for Living** ..... 3
- **Coaches' Corner** ..... 3

## ALC Workshops/Events

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

### **NEW WORKSHOP!**

## ***Aging with Vitality and Grace - October 12, 2013 - May 10, 2014***

Who of us doesn't have the desire to "age gracefully," to live lives of joy and vitality? The choice of aging gracefully requires both our attention and our intention. Our elder years offer us the gift and opportunity of dancing from the inside out, giving our time and attention to the inner world of choice and creation.

This course is an 8 month personal and group inquiry into living gracefully as we age. Using a unique and empowering framework "7 Graces of Aging" we will explore what it takes to live into our elder years with courage and wisdom. We will open to discover the graces within that are available to each of us, the graces of peace, wisdom, vitality, compassion, creativity, joy and wonder. In addition we will examine practices, generated from within that open us fully to each grace, as well as potential traps we fall into and illusions that can limit us. [Click here for more information.](#) [Click here to register.](#)

## ***Going Deeper: Advanced Workshop - September 25 – 29***

We have had many people requesting another *Going Deeper* date in 2013 and the ALC Team has accommodated. *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. Click to [register](#).

## ***Igniting Your Creative Spirit! - Saturday, November 2***

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

(continued page 3)

### 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:

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(continued from "Vibrant Life!" page 1)

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 creation.

Cost: \$20. All materials are provided and you will end the day with a finished work of art. [Click here for more info or to register.](#)

## Coaches' Corner

By Jon Huff

### My First Time Coaching...

When I got the first email from Gayle that confirmed I was on deck to coach, I was flooded with conflicting emotions. 'What if I'm not ready?' 'I can't wait to get started!' 'What will I do?' 'How will I contribute?' 'What if I don't know what to say?' 'What if?' 'This is exciting!' The closer the first night of training came, however, the more everything started to fade into a general sense of calm and knowing that everything would be ok; and the way it was meant to be.

As the training started, I expected the anxiety to return; and as the training progressed, I kept waiting for it, but it never came. I've been the new guy many times in training situations in the past, but this time because of the way my coaching partner teamed with me, I didn't feel the same pressure to perform. Instead, I felt completely supported in making whatever contribution I was ready to make. All I needed to do was be there; to help create the container of acceptance and love that had such an impact on me during my training.

My critic still had plenty to say about what I 'should' be doing and contributing or not contributing as the case may be. And my little kid would get excited about some in-

(continued in page 4)

## Leading from the Center INFORMATION NIGHT

Monday, Nov. 18th  
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!

## Friends for Life

Can having good friends affect your health?

*"Social interactions have profound physiological benefits, from reduced risk of depression to enhanced immune function."*

– Stephen S. Ilardi, PhD

The link between social connection and health is present throughout human history and is supported in current research. Studies show that levels of toxic stress hormones drop rapidly when we are with friends and loved ones. Think about walking into Living Authentically, Celebrations, ALC functions and noticing how your mood changes. Add physical touch to that (love circles and hugs), which causes increased activity of "feel-good" chemicals. These chemicals help chase away the blues while helping to reduce stress hormones which can affect your physical well being. These stress hormones affect diabetes, fibromyalgia, and ironically, the heart.

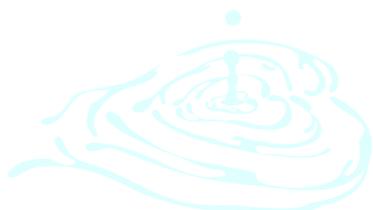
So .. pick up the phone and call a friend, meet for coffee/tea, take a walk in the park, or attend an ALC event. I'm sure your Free Child can think of a hundred ideas. Short on friends? Volunteer places that you have an interest, join a gym, go where people are of like minds and say hello.

Use social media? The jury is still out on that. Connecting electronically is not nearly as powerful as connecting and spending time face to face.

Excerpted from an article by Michele Meyer,  
"Friends for Life"



TIPS for Authentic Living



(continued from "Coaches Corner" on page 3)

sight or shared experience and would want to just blurt it out. So I would have these mini chair work sessions in my head, 10 or 15 seconds at most, where I would decide if I was going to say something. My adult got pretty good at remembering that this was not my training, it was my participant's training; and that my contributions needed to be relevant to my participant, not just to me.

I realized; after the training was over; that I had three primary modes while I was coaching. The first was cognitive; understanding the process, identifying relevant theory, and what portion of the cycle we were in. The second was more feeling oriented; I experienced whatever I happened to experience, whether it was sadness in shared experience, or peace and calm after some realization. The third was a combination of the two; where one part of me was tracking the cognitive experience, and another part was feeling the experience.

The thing that will bring me back to coaching, was watching the change, not just in my participant, but also in the entire group. A portion of my 'why coach' involves doing something that matters; and getting to be part of someone's change was both thrilling and deeply moving. I can hardly wait till next time.

(For those interested in coaching, watch the ALC eNotes for announcement of the next Coach Training date.)

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

## Master Calendar of Events

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

Oct. 10	Nov. 7 & 21	Dec. 5	Jan. 7 & 21
Feb. 20	Mar. 6 & 20	April 3	May 15 & 29

### Seminars and Workshops

Sept. 25 - 29	<b>Going Deeper</b>
Oct. 12 - May 10	<b>Aging with Vitality and Grace</b>
Nov. 2	<b>Ignighting Your Creative Spirit</b>

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

**Celebrations 5:30 pm on Sunday of each session**

	Session 1	&	Session 2
<b>Fall '13</b>	Oct. 4 to 6		Oct. 16 to 20
<b>Winter '14</b>	Jan. 24 to 26		Feb. 5 to 9
<b>Spring '14</b>	Apr. 11 to 13		Apr. 25 to 27

### Events and Gatherings - check the website for details

**Info Night** - Nov. 18th, 7 - 9 pm

**Men's Group** - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday nights each month - 7:00 - 9:00 pm

**Season Celebration** - Dec. 19th.

## The Management Team

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