
The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 11, No. 1

Your Essence In Action

Spring 2013

Looking Forward...

If it's been awhile since you have joined us for an ALC event, take a look at what is coming up. We're here, right where you left us! Here for you to slow down enough to reconnect with yourself and others; perhaps experiment with something new; and learn something, or possibly remember something, you forgot about yourself. In short, we're here to support you to be the best you that you can be.

So, what's on the summer calendar at ALC? The summer starts off with an amazing workshop for couples, **COUPLES' DIALOGUE: Growing Yourself, Growing Your Relationship**. Facilitated by Elizabeth and Patrick Bell, partners in business and in life, the workshop uses the Myers-Briggs type indicator and a thoughtful and fun set of exercises to help you understand yourself and your partner at a whole new level. While it was designed for life partners, it is a great way to appreciate and improve any close relationship – e.g. parent and child, or business partners.

Chris and I did this workshop after 30 years of marriage and I was stunned at what was right in front of me that I hadn't really "seen" before! For example, most weekends, I would ask Chris what he had planned, and he would respond that he wasn't sure, wanted to see what developed/ what he was in the mood for, etc. (an MBTI "P"). I, on the other hand, had my "list" and knew what I needed to get done (an MBTI "J"). It was an amazing eye-opener for each of us to see our differences and preferences, and allowed us to be compassionate and accepting where we were previously frustrated.

If you are in a relationship and want to connect at a deeper level and understand each other more, I HIGHLY recommend the Couple's Dialogue. [Click here for more information](#) and [registration](#). The workshop is Friday evening, June 28 and all day Saturday, June 29. **Registration deadline is May 31.**

We also have a **Going Deeper** planned for September 25-29. This will be the second **Going Deeper** in 2013, and is now on the calendar at the request of our graduates. The ALC leadership team facilitates and coaches this personal and intimate workshop, designed to:

- Extend and enhance the personal work you've already done.
- Identify and change negative core beliefs that still operate in your life.
- Experience new possibilities and opportunities.
- Explore your vision for your life.
- Define and experience your gift to the world.
- Increase your ability and commitment to living in integrity with compassion, honesty, humility, and purpose.

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Quick Notes

Info Night - June. 3rd.

Communication Skill Building: Training your ears & heart to hear - June 6th

Couples Dialogue - June 28 & 29th.

Leading from the Center - The Summer session of our life-changing workshop is July 19 -21 and July 31 - Aug. 4.

Going Deeper - Sept. 25 - 29th.

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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!

Communication Skill-building: Training your Ears and Your Heart to Hear - Thursday, June 6th, 6:30 - 8:30 pm

Join us on Thursday, June 6th, for this introductory course in learning how to listen and understand what is going on in the “other” person, gain skills to understand what is going on inside you, and learn how to use this information to stay connected during difficult conversations – or as often happens, learn how to skillfully “clean up” later.

Facilitated by the ALC Leadership Team. \$15 per person at the door.

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. An early registration discount of \$200 is available if you [register](#) and pay by August 1st.

Igniting Your Creative Spirit! - Saturday TBD

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 creation.

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 the date and RSVP directions.

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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

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Going Deeper is loving, supportive, healing and a lot of fun. If you have been thinking about spending some rich quality time with yourself and a small group of others looking to do the same, this is what you are looking for.

Save \$200 with early registration. [Learn more here!](#)

We also have workshops to ***Ignite Your Creative Spirit*** with Daphne and Alicia Stammer, ***Train your Ears and Your Heart to Hear***, and both ***Men's and Women's Retreats***. Check out the rest of the newsletter for details or visit our website at: www.authenticleadershipcenter.com.

Plan to join us for something new, sometime soon. We miss you!

Chris Mathe Launches Authentic Counseling Associates

One of the founding partners at ALC, Chris Mathe, has created a new business entity to practice psychotherapy. His partner in this endeavor is Dr. Chelsea Bagias. They met several years ago while earning clinical hours for licensure. Chelsea is also an ALC grad. Together they have created a California Professional Corporation called Authentic Counseling Associates – a Psychological Corporation. They rent space from ALC and are at the center weekdays during normal business hours and also have early and late hours available. [Click here for more info.](#)

How can I discover what I'm passionate about?

1. Check in with your free child. Search your memory for things you were passionate about but no longer have "time" to do.
2. Think about the things you love to do, and when you do them, you lose track of time.
3. As you re-discover these things you love, write them down. Keep a passion journal.
4. Once a week, examine your week coming up and decide on one thing that you really have no love or passion about, something you dread, and replace it with something you love, something your Free Child really wants to do.
5. Perhaps, you may find as the weeks pass that you are doing more things you love and look forward to, and less that you dread. What do you have to lose by giving it a try?

Taken in part from an article by Martha Beck, "Tracking your Passion."



TIPS for Authentic Living

Coaches' Corner

By Lou Zweier

Coaching is Collaboration

One of the things I love about coaching is that I get to practice and strengthen my collaboration skills with my coaching partner. What are these skills? Planning, listening, turn-taking, giving and receiving feedback, shifting gears, checking in, shared problem solving, and switching between taking the lead and being a support. These skills are valuable in all aspects of life: family, workplace, and community. During coach trainings and in *Leading From the Center*, I learn how to collaborate more effectively by seeing these skills in action and practicing them with my partner.

I usually have something specific I am trying to strengthen each training, and ask my partner about their goals so we can support each other. For me lately, it's been to be more explicit about the structure of matwork and to practice meditations.

Collaboration is sweetest for me when the feeling of flow happens; when ideas offered add to one another; when there is a relaxed give and take; when partners see each other's intentions and align with them.

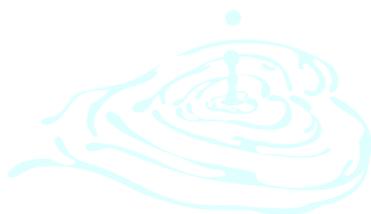
Come practice these skills with us in the next LFC or coach training!

(Next coach training is Saturday, August 17th)

Leading from the Center INFORMATION NIGHT

**Monday, June 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

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ALC Woman's Retreat - August 9 - 11

Join Maril Cardwell and Gayle Mathe on the first ALC Women's Retreat in a very comfortable cabin at Lake Tahoe. 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. Space is limited. **The fee is \$195 per woman** and includes food. [Click here to register.](#)

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. Friday will begin with a community dinner and a group discussion on the specifics of the weekend. The retreat will end after breakfast and closing discussions Sunday morning. **The fee is \$195 per man.** We will make and share all meals together and the fee includes food. [Click here to register.](#)

Master Calendar of Events

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

June 13 & 27	-July 11 & 25	Aug. 15 & 29	Sept. 12 & 26
Oct. 10	Nov. 7 & 21	Dec. 5	

Seminars and Workshops

June 6	Communication Skill Building: Training your ears...
June 28 & 29	Couples Dialogue
Aug. 9 - 11	Woman's Retreat
Aug. 23 - 25	Men's Retreat
Sept. 25 - 29	Going Deeper

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Summer '13	July 19 to 21	&	July 31 to Aug. 4
Fall '13	Oct. 4 to 6	&	Oct. 16 to 20

Events and Gatherings - check the website for details

Info Night - June 3rd, Aug. 26th, 7 - 9 pm

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

Coach Training - Aug. 17th

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 907-299-6660
debbie@authenticleadershipcenter.com

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

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