

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 8, No. 3

Your Essence In Action

Fall 2009

Katie Rubin's *Insides OUT!* Wows ALC



Katie Rubin

This past July, Katie Rubin - actress, director, writer - performed her much acclaimed one-woman show, *Insides OUT!* to a full house at ALC. And what a wonderful evening it was! Not only was the show terrifically entertaining, but it was also a profound and poignant example of embracing and loving all parts of self. Katie helped us remember that every emotion, every aspect of the psyche provides energy that we can use to develop ourselves and to bring joy and healing to those around us.

We are also very excited to let our community know that **she will be back for a repeat performance on Sunday, November 15th, at two-o'clock in the afternoon.**

For those of you who missed the show in July, *Insides OUT!* is the emotionally charged and hilarious story of one young person's journey from her high school and college years through her introduction to the working world. Abuse of alcohol, drugs, food, and sex, mark a journey into and ultimately out of self-loathing. Katie was phenomenal in depicting her lifelong struggle for integration of the many aspects of the self, and her continued voyage towards peace of mind.

During the show, Katie used stand up comedy, poetry, song, improvisation, and monologue to tell the story of the conflict among seven particular archetypes in her psyche (similar to the Parent-Adult-Child model we use at ALC): The Inner Child (Baby Katie), The Hostage (Big Katie), The Romantic (Sylvia), The Judge (The Perfect Monster), The Trickster (Hank), The Artist (Poet), and The Wise Woman.

Katie is a busy and creative woman. In addition to performing and writing original material, she also works as a stage, screen, and voice-over actress, and as an acting and vocal coach. Most recently, she played lead roles in The B Street Theater's production of *Rabbit Hole*, The Sacramento Theater Company's *A Christmas Carol*, and Foothill Theater's production of *Urinetown*.

So, whether you saw her this past July or not, do not miss this show! Several of us have seen her multiple times and can't get enough! The show is truly worth the price of admission. Part of the proceeds will go to the ALC scholarship fund. The show takes place at the Authentic Leadership Center and starts at 2:00 pm. Admission is \$20 for early payment (register on-line at our website by November 13th) and \$25 at the door as room allows.

Quick Notes

Katie Rubin's Inside OUT!

Fantastic one-woman show coming to ALC again on November 15th @ 2 pm

Heads up: We are firming up dates for Lou Zweier's Compassionate Communications Workshop in the Winter of 2010 and another Couples Dialogue Workshop in the Spring of 2010

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Going Deeper - 2010 Coming Up!

Advanced Workshop - March 24 - 28, 2010

Going Deeper is an 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?
- What is my gift to the world?

This workshop starts at 6:00 pm on Wednesday, March 24th and continues through 6:00 pm Sunday, March 28th. Participants are responsible for their own lodging. Tuition is \$995 per person.

What People Say about Going Deeper

I loved it – it far exceeded my expectations, which is pretty difficult to do! ~AG

I got more than I ever bargained for. I came into this training with fear that I couldn't do it due to one of my core beliefs and was so relieved and surprised how easy it was to go deeper. ~VE

I got way more than I expected. I started on one path which led me to somewhere that was totally unexpected. ~DM

I got more than I came for. I wanted to get a push into my professional life and "come out" as a person dedicated to my spiritual pursuits. I got all that and more.... a huge sense of Who I AM and the blessing of having it witnessed. Not much more could be asked for. ~BMH

Learning to Fly - a perspective by Maril Cardwell

*When you walk to the edge of all the light you have
And take that first step into the darkness of the unknown
You must believe that one of two things will happen;
There will be something solid for you to stand upon
Or, you will be taught how to fly. ~Patrick Overton*

I've always loved this quote. I believe it's from a poem named the Fledgling. And when I hear that word, fledgling, I see this baby bird sitting warm and cozy in their nest and the mama bird feeds and nurtures and encourages. And then, it's time. Time to learn to fly.

So where am I going with all this? At a recent training, one of our participants said on Sunday of the 5 day, "It's like I'm leaving the Nest for the first time. And it's scary and yet, after all the work I just did, there is faith floating there." Faith that they could step out into the world and there would be something solid to land on.

And that pretty much sums up one of the many goals in *Leading from the Center*. To build a solid foundation based on tools. Tools that include communication skills, listening skills, connection with all the various voices within us, knowledge of the past and how it is affecting the present, boundaries and how to set them. The list goes on and on. So we teach these tools, practice them again and again, and give the participants something solid to stand upon.

Or, faith that they were just taught how to fly.

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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Making Requests

By Lou Zweier

Making a skillful request is an important part of a good communication. Often when communications go bad it's because no request is made at all or the requester focuses on what they don't want instead of what they do want. This is more likely to be heard as criticism by the other person, or at the very least leaves them guessing what you would like, which they can easily get wrong.

So how can you increase the likelihood that you will get what you want by making more effective requests?

1) Ask for a doable action, not a state of being.

Not so good: *I'd like you to be more responsible about household chores.*

Better: *I'd like you to make the bed if you are the last one to get up.*

2) Ask for what you do want, not what you don't want.

Not so good: *I'd like you to stop being so angry all the time.*

Better: *I'd like you to tell me at least one thing that brings you pleasure.*

3) Stay in the present. Ask for what you want now, not in the past or generic future,

Not so good: *I want you to spend more time with me.*

Better: *I would like to set aside at least 3 hours once a week where we do something together that we would both enjoy.*

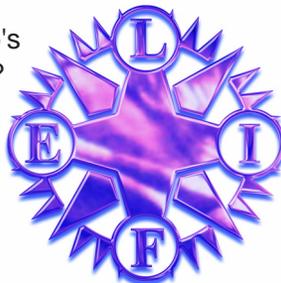
When making your request, remember to be open to the other person saying "no" and to hearing why what you have requested doesn't work for them. Doing this lets them know that you are as interested in them getting their needs met as you are in your own. When the other person has confidence that you are interested in this kind of mutuality, they are much more likely to help you get your needs met by doing what you are requesting.

Come to ALC's monthly communication practice group and practice these skills and others - the next one is **Saturday, Sept. 12th, 1-4 pm.**

Tips for Authentic Living

On our ALC website in the Resources page, there is a link called Tools for Balance that has many different ideas for creating balance and peace in your life. A few are:

- Take action - Love is a Verb
- Listen to the voices inside: who's talking? Who's in charge? Remember: you are at choice.
- Stay in touch with supportive people - Ask for help.
- Be of service
- Wiggle anything



Check out the link - there are lots more ideas there!

Coaches' Corner

By Gayle Mathe

I write this "Coaches' Corner" having just completed a WONDERFUL 5-Day session of *Leading from the Center* and am struck, as always, by the magic created by a group of people who bring their bodies, hearts, minds and spirits all into one room with heart and purpose. And, while I cannot say enough about our incredibly skilled coaches, I am also struck by how simple coaching - at its very core - actually is. It's about being present. It's about holding the space for someone who is confused, hurting, or seeking change, but can not see their way through it themselves. It's about patience.

It's a bit like a recipe. Take all of these things, add a measure of trust and faith, and delicious things occur.

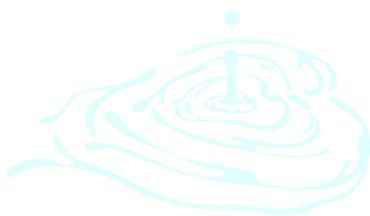
If you are an ALC graduate and would like to know more about coaching, please join us at a coach training. They are free. **The next one is September 12th** - very close to the press date for this newsletter. If you miss that one, you'll find the next coach training dates on our website.

And if you've read or heard about our training, but have not yet explored it as a real possibility for you, give one of us a call, or attend an information night so you can learn how we can help you bring more

INFORMATION NIGHT

**Monday, September 14th,
7 – 9 pm**

Learn about our life-changing training, *Leading from the Center*. 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

Master Calendar of Events

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

September 10th & 24th October 1st & 22nd November 12th
December 3rd

Seminars and Workshops

TBA - Winter '10 *Compassionate Communications Workshop*,
Friday evening - Sunday afternoon
TBA - Spring '10 *Couples Dialogue Workshop*;
Friday evening & Saturday 9 am - 4pm
March 24-28, 2010 *Going Deeper*, Wednesday evening - Sunday evening

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

Celebrations 5:30 pm on Sunday of each session

| | Session 1 | & | Session 2 |
|------------|-----------------|---|--------------|
| Fall '09 | Oct 16 to 18 | & | Nov 4 to 8 |
| Winter '10 | Jan 22 to 24 | & | Feb 3 to 7 |
| Spring '10 | Apr 30 to May 2 | & | May 12 to 16 |

Events and Gatherings - check the website for details

Information Night - Monday evening, September 14th, 7 - 9 pm
Katie Rubin's Inside OUT! - Sunday Afternoon, November 15th, 2 ~ 5 pm
Men's Group - 1st & 3rd Tuesday nights each month - 7:00 - 9:00 pm
Communications Practice Group - one Saturday/month - 1:00 - 4:00 pm
ALC Season Celebration - Thursday evening, December 17th, 6:30 - 9:00 pm

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