

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 4, No. 2

Essence In Action

Spring 2005



Leading from the Center

ALC's Personal Excellence Program

You've may have seen references to **Leading from the Center**, and probably heard us call it our "flagship" program, but have you ever wondered if this training is for you? How your life might change if you were to "Just say yes!"? Here is what some of our recent graduates say:

I got a lot more than what I came for. I expected it to be inspiring and educational, but I did not expect it to be life-altering. And I don't even think I realized it was life altering until the last day. I am fascinated by the way the program is put together; the series of events that lead up to personal transformation – it is quite remarkable. ~ A. S., Organizational Consultant.

My heart seems so alive and full and my spirit is happy. The whole experience has changed my life and how I live. The people around me seem to sense my peace and happiness. I have a new found compassion for others and find myself reaching out to help others in any way I can. There is an inner peace and happiness that I have not felt in a long time and I have come to accept myself for who I am. ~R. P., Business Owner

...after the training I feel less burdened, more centered, more alive, less alone, better able to cope, and better supported by both others and myself. ~A. E., Executive Coach/Consultant

The obvious question is: How can this possibly be? The truth is, there are many personal growth programs that produce at least temporary opportunities to feel good. **Leading from the Center** is unique in that it employs the

Open House Bash!

Join us in celebrating our new facility on Sunday, June 5th, from 2 - 5 pm. There'll be food, fun, music, and lots of connection. See you there!

principals of adult learning theory and numerous accepted psychological modalities in a powerful combination that address your core beliefs - at the deepest level, where they first begin – to produce lasting change. Through lecture, experiential exercises and reflection, participants experience rapid learning and shifts in perception, as well as integration and anchoring of that change. **Leading from the Center** allows you to *know yourself truly* - to recognize your self-defeating thoughts and behaviors as the protective mechanisms they were originally created to be – and through this process of self-discovery, creates an unparalleled opportunity to move what is right about you into the world. Hence our tag line, **Essence in Action**.

Leading from the Center is facilitated by the Authentic Leadership Team and staffed by 15-20

highly trained coaches. It is a small group process with a maximum of 12 participants. Each participant receives individualized assistance from two coaches. The lectures and exercises are based on creating change and building capacity in four primary areas, including:

- " **Self-awareness:** Knowing that you are whole and complete right now . . . so it *is not* about fixing what is broken, but *is* about expanding possibilities and recognizes that change is an "inside out" job.

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ALC Monthly Seminar Series Continues:

June 9th Seminar: *Living Effectively - Practical Applications of Authentic Principles in Daily Life*

Explore and Clarify your own answer to the following:

- What is my "Big Picture"?
- How will I know when I've achieved success?
- "Is There a There, There?"
- How can I integrate balance into my plan?

We will work on establishing a clear, defined, balanced plan that has set goals in a given period of time. This will be specific to YOUR desires.

The facilitator for this seminar is Gordon Brown, a successful Real Estate investor, member/manager of several Limited Liability Companies, and an avid skier. He has a passion for translating personal growth into a practical plan that is informed by an integrated vision for life. He will be providing you with a number of proven techniques and tools to help you discover how to operate more efficiently and effectively in all areas of your life.

July 14th Seminar: *Melissa Lewis in Concert*

A recent *Leading from the Center* graduate introduced us to Melissa and her wonderful music. Melissa is an energetic and positive singer and songwriter whose music reflects awareness, hope, and optimism. We are honored that Melissa has accepted our invitation to gift our community with her music.

Melissa is originally from Virginia and then Nashville. She moved to Los Angeles about a year and a half ago to continue pursuing her creative career. After the release of her first CD, *Simple Life*, in 2003, Melissa was seriously injured in an accident that required surgery and a long recuperation. She is now again very actively creating and performing her music. We can't wait to have her at the ALC center! You can find out more about Melissa and her music at www.melissalewis.net.

September 8th Seminar: *Charlie Nimovitz in Concert*

We are truly honored to have Charlie return to our center to sing live for our community. His concert in February was a terrific success and a wonderful inspiration. We play several of Charlie's songs in our 8-Day training, *Leading from the Center*, as they are wonderful and powerful messages of growth, healing, courage, and vitality.

Charlie is a Bay Area singer/songwriter who has performed professionally for over 30 years. In the year 2000 he was diagnosed with Parkinson's disease and after a soul searching break has returned to the stage in all his shaky glory! Be prepared for laughter, a few tears, and a whole lot of healing going on. Don't miss this event!

Leading from the Center from page 1

- **Healing, forgiveness, and gratitude:** Letting go of the past, reducing shame, and actively experiencing joy and appreciation for what you have.
- **Relational competence:** Effective listening and communicating, and learning how to express your authentic self with others.
- **Integration and Balance:** Learning how to integrate changes into your life and create more balance between your heart, mind, body and spirit.

If you want to :

- experience less judgment and more acceptance of yourself and others;
- improve your relationships, both at work and at home;
- feel released from the anger and hurt of past events;
- feel more effective in your life and more passion in what you do;
- feel more peaceful...

...it may be time to learn more! Join us at an information night (see page 3), come to *Living Authentically*, or just call one of the Leadership Team!

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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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Emotional Alchemy; How the Mind Can Heal the Heart

Tara Bennett-Goleman

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Alchemy: a power or process of transforming something common into something special.

Tara Bennett-Goleman, psychotherapist and teacher, draws upon her years of experience and combines them with her love of meditation and Buddhist mindfulness practices in creating this book. Her work encompasses a roadmap of how to transform our darker moments and upsetting feelings into deep insights and intentional change. As she states, "We all have the natural ability to turn our moments of confusion into insightful clarity".

This book explores a number of different *schema*, which are described as a powerful set of negative thoughts and feelings used maladaptively to fulfill basic needs of life, such as connection to others, safety, competency, and autonomy. Bennett-Goleman introduces and explores a number of approaches that can be integrated in our day-to-day lives to bring awareness of these *schemas*, offer alternate responses, and help shift our focus to the healing qualities of our own inner wisdom. She provides practical techniques for recognizing and utilizing that micro moment between a thought and when it turns into an emotional reaction. These techniques include strategies of empathic reframing, breaking the spell, challenging the assumption, and counter-thoughts.

This book is infused with a gentle understanding and compassion for our most troublesome and challenging moments and it offers a pathway to clarity and transformation.

Authentic Happiness June 11th, 9:30 am - 4:30 pm

The Authentic Leadership Team will lead a fun, profound, expanding, and lasting examination of happiness and how to nurture and grow it in our lives. You'll learn about the building blocks of happiness, techniques for increasing happiness about the past, present, and the future, and how to use your virtues and strengths to increase your happiness. See the enclosed flyer for more information and to register.



Tips for Authentic Living

Be Aware of Your Self-talk - Check out your first thoughts when you wake tomorrow. Are they supportive, encouraging or positive? Choose the kind of chatter that goes on in your mind. Become aware of the negative messages you give yourself. Gently catch them, and turn them into positive affirmations.

Surround yourself with inspiration - Keep a success journal. Write down your four or five greatest strengths and post them where you can see them. On the last day of each month, write down all your accomplishments, both big and small.

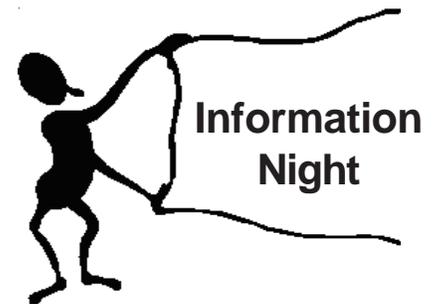
Breathe - Here's a simple breathing technique to help you relax: It's called 10 x 10 breathing. Get comfortable and count to ten as you breathe in and count to ten as you breathe out. That's one breath. Do that nine more times. Adjust your counting to the speed of your breathing - not the other way around. You might find the first few times you try this that you lose count. Smile inwardly and just start again. Practice this for ten minutes per day, and you will have an extremely effective relaxation tool.

Coaches' Corner

We know that our coaches are the lifeblood of what we do. We are deeply grateful for all of the heart, skill, intuition and commitment that our coaches bring to the Authentic Leadership Center. We are dedicated to training our coaches and do this on a regular basis through coach training evenings.

If you are a new *Leading from the Center* graduate, or have coached sometime in the distant past, or even are a frequent *Leading from the Center* coach, there is always some new concept to learn or skill to sharpen at coach trainings. Coach trainings are free, fun, informal, and require no commitment on your part to actually coach! If you are curious, want to learn about coaching or just wish to connect, join us at an upcoming coach training. The next two are June 23rd and August 4th. And to all our coaches...

WE LOVE YOU!



Are you curious about **Leading from the Center**, our 8-day, two-session training? Do you know anyone who might benefit from the training? Come to our next Information Night on Tuesday evening, June 14th, from 7:00 to 9:00 pm, and bring a friend!

The night is informative, light, fun, and designed to answer as completely as possible any questions people might have about the training. Everyone is welcome, including graduates! Light refreshments are served.



Master Calendar of Events

Living Authentically (Thursdays, 6:30 - 9:00 pm \$15/per, \$25/couple)

June 2nd - Confidence	September 1st - Intimacy
June 16th - Choice	September 29th - Humor and Laughter
June 30th - Forgiveness	October 13th - Listening with the Heart
July 7th - Vulnerability	October 27th- Purpose and Vision
July 28th - Inner Wisdom	November 17th - Gratitude & Blessings
August 18th - Risk	December 1st - Light
August 25th - Rhythm	December 15th - Being in the Moment

Seminar Series (Thursdays, 6:30 - 9:00 pm \$15/per, \$25/couple)

June 9th	<i>Living Effectively</i>	Gordon Brown
July 14th	<i>Melissa Lewis in Concert</i>	Melissa Lewis
Sept 8th	<i>Charlie Nimovitz in Concert</i>	Charlie Nimovitz

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

	Session 1		Session 2	Celebrations (5:30 pm)	
Summer	Jul 22-24	&	Aug 10-14	Jul 24	Aug 14
Fall	Oct 21-23	&	Nov 9-13	Oct 23	Nov 13

Workshops and Other Events

- June 5 - **Open House Bash** - Everyone welcome! - 2:00 - 5:00 pm
- June 11 - **Authentic Happiness** - all day Sat
- Sept 14-18, 2005 - **Going Deeper** - Wed evening thru Sun

The Leadership Team

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