

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Your Essence In Action

Spring 2006



Continuing Your Growth

Yes, it's Spring again – a long awaited Spring for Sacramento. So as our gardens begin to grow, this lends itself to a great metaphor for continuing growth in our lives. There is an intentionality that is brought to gardening – much like the intentionality that is necessary for continuing personal growth. The place to begin is with the conscious awareness and intent to growing our lives. With this intentionality comes a personal commitment of time, resources, priorities, and a willingness to watch for opportunities. One of our truths at ALC is that these things called “learning” and “growth” never end.

Each of us on the ALC team use an array of tools to help feed our growth, including meditation, reading, therapy, daily practice, classes, music, gratitude, journaling, individual and group support, asking for help, walking, biking, laughing, being quiet, workshops, learning from our community, participating in and facilitating our trainings.

At ALC we provide a number of different venues for continuing growth – ours and yours. **Living Authentically** provides not only a structured learning experience, but also access to a supportive and involved community. One of the most powerful avenues for growth is the involvement, support, interaction, and acceptance that comes from a community. Having a place to honestly share our joys and sorrows and connect can be a major factor in our continuing growth.

We have found much wisdom in our community, and we've invited our community members to share their experiences and wisdom with us in our **Community Seminars**. From growing and sustaining our memories (*Brain Gain*) to *Playing in the Mud* to *From Dogs to Dolphins*, ALC offers a variety of opportunities to discover, learn, and integrate new awareness. As always, the talent, resources, and expertise in our community are impressive.

Coaching and coach training are great ways not only to be in service, but also to create another pathway for continuing growth. Many participants have joined us at ALC on coach training nights to learn more about theory, how to coach (themselves and others), and to share in the group learning that takes place.

ALC also has a number of additional workshops that occur during the year. We are having our premier and one of our most favorite workshops, **Going Deeper**, in June. This is a 5-day odyssey of growth, exploration, self-expression, and group support designed for graduates of *Leading from the Center*. Check out the article on page 2 for more information.

Most importantly, is the recognition that there are as many ways for continuing growth as there are individuals. Take a personal inventory of what feels right for you, branch out and try new ways, and let Spring rejuvenate you and inspire you in your continuing growth.

Quick Notes

Celebration

Join us in celebrating the graduates of the May 2006 *Leading from the Center* @ 5:30 pm, Sunday, May 7th.

Going Deeper, June 7 - 11

This advanced experiential workshop is for graduates of *Leading from the Center* or similar trainings to actively define the work they wish to do and further their growth in a relaxed, community-style atmosphere. **Details pg. 2**

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ALC Seminar Series Continues...

May 18th Seminar: *Playing in the Mud*

Can you remember being a kid making mud pies? Did you miss out on mud pies 101 because getting dirty wasn't allowed? Here is an opportunity to find out (or remember) how much fun getting dirty can be!

You will discover how satisfying it is to mold the very essence of the earth with your hands, manifesting something solid directly from your imagination. Come fill your senses with the earthy scent of the clay, the sensual, slippery feel of it in your hands, and the delight of watching it form into something new. During this seminar you will have the opportunity to explore various methods of "hand building" with clay. You can choose to create a tile, a pinch-pot, a coil-built pot or free form the clay to express anything you want: perhaps an animal guide or a reflection of your inner self. Instruction, materials and some ideas will be supplied for you. You will be able to take your unfired creation home.

This seminar is lead by artist Deborah Kane, owner of Soaring Spirit Artworks in Cameron Park, CA. While watercolors are her "first love" in art, she now also creates hand-built, wheel-thrown, Raku, and high-fire pottery. One of her watercolors hangs in the ALC lobby. We are very excited to have Deborah's creative and colorful spirit for this seminar. Find out more about Deborah Kane's art at her website: webs.directcon.net/dancnwtrs/index.html



Lisa Carson

June 29th Seminar: *From Dogs to Dolphins*

Lisa Carson, a *Leading from the Center* grad, teacher, and facilitator will bring a fun, lighthearted seminar to ALC that examines and helps us experience the wisdom garnered from our animal friends. This interactive workshop is more of a playshop in which people can learn insights from the behaviors of some of our greatest teachers, animals. We will be discovering tools in which participants can look more deeply, and learn to trust, as well as how to be a little more silly. So, come with an open mind and open heart but minus your pet due to allergies. Lions and otters are OK however.

Lisa Carson has been a public school teacher of mostly At-Risk youth for over 20 years. She has been a workshop facilitator and speaks at different spiritual venues. She is the proud mother of a great 15 year old son, and 10 year old Cocker Spaniel. She loves traveling and learning about new cultures, as she considers herself a world citizen.

Going Deeper: Advanced Workshop for Personal Excellence

Wednesday evening, June 7th through Sunday evening, June 11th

This advanced experiential workshop is for graduates of *Leading from the Center* or similar trainings. While similar to the *Leading from the Center* 5-Day session, this training will provide an intensive opportunity for experienced participants to actively define the work they wish to do and how they will do it. The workshop takes place in a relaxed, community-style atmosphere.

The workshop utilizes many of the concepts from Wayne Muller's book: *How Then Shall We Live* that 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? Each participant will examine the answers to these questions in a very unique and personal way.

The workshop is designed to extend and enhance the personal work you've already done, be expertly coached as well as enhance your coaching skills, and increase your ability and commitment to living in integrity with compassion, honesty, humility, and purpose.

The course fee is \$900 per person. The workshop takes place at the Authentic Leadership Center. Participants are responsible for their own lodging. Space is limited to 10 participants. See our website for more information and a registration form.

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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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Many graduates of *Leading From the Center* consider the possibility of coaching, and as this is our source of new coaches, it's clearly in our best interest to nurture and encourage new coaches. And while I believe that coaching has great value for the recent graduate, it has value, as well, for the participant.

The coaching experience, for me, has been an excellent opportunity to remain in touch with, practice, and improve on the skills I worked so hard to develop in my original training. Our "living laboratory" has given me great opportunities to refine communication techniques, work in groups, experience my feelings in a safe environment, and gain a sense of contribution and belonging. I am continually amazed at how much I have learned (or in some cases re-learned) during every single training.

One of the exercises I look forward to most is reading the "Coach's Binder" before the beginning of each training. This is an invaluable resource, reconnects me to the process, and allows me to more easily understand the "why" of many of our exercises, which in turn allows me to openly and honestly encourage the participant through their journey.

The value of "new" coaches is not lost on the participant either. Our model fosters the development of coaching skills through practice and mentorship that the participant becomes a party to. This "transparent" learning process models reality to the coaches and participants, which helps create an atmosphere conducive to learning, and experimentation, without shame or judgement.

Some of the greatest learning moments I've witnessed have come when a coach models "real life" using the skills they've learned in the training. This may involve clarifying a process, resolving a conflict, or dealing with powerful emotions in a healthy manner.

One thing I know I can count on is that when I coach, my "stuff" will come up. Coaching gives me a great opportunity to "own" what's mine, practice dealing with it in a healthy manner, and give to the participants, and the community, in the process. I am very grateful to have had the opportunity to coach as much as I've been able to, and look forward to doing so for many years to come.

A New ALC Management Team Member!

ALC welcomes Gordon Brown as its newest member of the management team and Coach Coordinator. In addition to all the great work he does at ALC, Gordon is a real estate investor who is involved with Men's work within Folsom prison and committed to the nation's water supply through his involvement in the Water Keeper Alliance.

Tips for Authentic Living



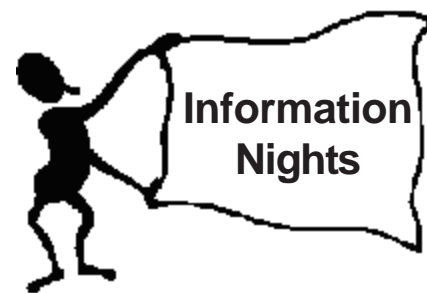
Thank your critic - At its core, that critical voice inside tries its darnness to make you acceptable and successful. Instead of doing battle with your critic, next time your critic pounces on you, thank it for its concern.

Connect with someone - Next time you think of someone, give them a call immediately or send them a card. Don't wait! Give them the gift of your positive thoughts.

Take a breath - Remembering to breath deeply is an emotional, physical, and spiritual gift to yourself: Your heart slows, you release calming hormones, you slow time down, and you return to yourself.

Look for the third choice - We tend to break arguments and decisions into two choices: yours and mine, right and wrong, and black and white. In doing so we can miss the third choice - the one where both of us get what we want.

Who are your teachers? - Consider that, in addition to any mentors in your life, those that really irritate you have important lessons to teach you about yourself.



Leading from the Center, our flagship training, is based on the conviction that your outward expression of yourself, and your attitude towards your life, your work and your relationships, is a direct reflection of your internal landscape - your awareness, understanding and acceptance of yourself and others.

Join us Monday evening, **June 26th**, or **July 24th** from 7:00 to 9:00 pm, for an informal evening designed to answer your questions and help you determine if *Leading from the Center* is for you!



Master Calendar of Events

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

April 27 th	Living in the Present
May 11 th	Happiness
May 25 th	Listening
June 1 st	Breathing
June 15 th	Choice

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

May 18 th	<i>Playing in the Mud</i>	Deborah Kane
June 29 th	<i>From Dogs to Dolphins</i>	Lisa Carson
July 20 th	<i>Brain Gain</i>	Alice Jacobs

Leading From the Center 2006 (two session, 8-Day training)

	Session 1	&	Session 2	Celebrations (5:30 pm)	
Winter	Jan 20 - 22		Feb 8 - 12	Jan 22	Feb 12
Spring	Apr 7 - 9		May 3 - 7	Apr 9	May 7
Summer	Aug 4 - 6		Aug 23 - 27	Aug 6	Aug 27
Fall	Oct 27 - 29		Nov 15 - 19	Oct 29	Nov 19

Workshops

April 28-29 - **Couples Workshop** - Friday evening, all day Sat
 June 7-11 - **Advanced Workshop: Going Deeper** - Wed evening - Sun evening

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