

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 7, No. 2

Your Essence In Action

Spring 2008

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A Time of Opportunity

Evolution

by Debbie Oudiz

ALC is a living, growing entity, and therefore is undergoing change and evolution. With our current lease expiring soon, we have been assessing our options and negotiating space. For a myriad of reasons, our current location will not continue to be our home after the end of March. With the help of Gordon Brown and his colleague, we have been fortunate to find a new and wonderful home. Our new home, starting April 1st, is located in a lovely, tranquil, professional complex in Gold River. It meets all our needs for training space, for the work we do, and brings with it many exciting possibilities.

Many of you know that I underwent hip replacement surgery in the end of January. I have been left with an incredible feeling of hope, optimism, alignment with my life, and a deep sense of wellness. This is the same spectrum of experiences that we at ALC are having about our upcoming move and new home. We see it as the universe conspiring (in the best of all ways) to support the work we do at ALC. Far be it from us to ignore such gifts.

Since ALC was formed in the fall of 2002, we have called three locations home. This will be our fourth. What is apparent to all of us at ALC, is that it is not about the location, as attached as we may be at times, but it is about the community that we are a part of and work that we do. I missed the 3 day training session in the beginning of February due to my surgery, but I hobbled in on my walker to the celebration on Sunday. I sat in circle with the community that was there and listened to some of the deepest and most moving sharing by participants that I have heard in a long time. The sharings were full of honesty, openness, deep insights, talk of challenges and successes, hope, connection, tears, and joy. I was deeply moved as were most of the people there. And I realized, once again, it is about the work, the connection, the community, and the opportunity ALC provides for people to explore who they are and create more joyful, meaningful, and fulfilling lives. This work is portable and is created anywhere we call home.

So, there is some sadness in leaving our current location, but more importantly for us is the strong pull of evolution, hope, optimism, and change as we prepare to inhabit our new home. We invite all of you to celebrate our new home at **A Spectacular Event** (see the enclosed flyer) on April 12th. We at ALC are deeply grateful for the wonderful and connected community we live and thrive in.

Abundance is not something we acquire. It is something we tune into.

~ Wayne Dyer

Quick Notes

A Spectacular Event!

We will officially inaugurate our new facility on April 12th, 3-6 pm. See the enclosed flyer for more info. Join us!!

Authentic Happiness

A great one-day workshop Saturday, March 8th, 9:00 am - 4:30 pm.

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Seminar: Celebrate Life!

ALC brings one more wonderful evening with an award winning film and thoughtful, uplifting exercises.

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New Activities at ALC

Monthly Communication Skills Practice Group

Saturdays, March 22, April 26, May 17, June 14, July 19 - 1:00 - 4:00 pm



Lou Zweier

Join with others in deepening your understanding and sharpening your skills with the ALC or NVC communication models to improve your relationships. Participants will learn from working with their life situations in a facilitated group setting. Bring your challenges from workplace, relationships, parenting, etc. The tuition is \$15 per person per session.

Facilitated by Lou Zweier, ALC Coach and Compassionate Communication Workshop Leader. Graduates of *Leading from the Center* or *Compassionate Communication* workshops are welcome to attend.

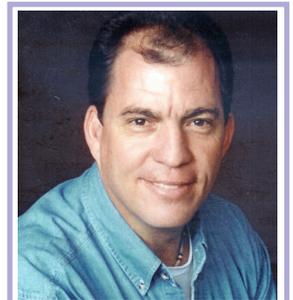
Contact Lou @ 707-529-6292 or lou.zweier@gmail.com if you are interested.

ALC Men's Group

1st & 3rd Tuesdays each month starting April 15th, 7:00 - 8:30 pm

After many requests, Chris Mathe will begin an on-going men's group twice a month beginning mid-April. This will be open to any men who wish to meet regularly with other men to examine what it means to be a man in today's society. Chris will facilitate very lightly and let the group decide how it will run and the specific topics they will examine together.

The intent is to create a core of men that participate regularly and also allow for walk-ins on any meeting night so that other men can come in and participate. The fee will be \$180 for six months or \$20 per night.



Chris Mathe

Oprah and Eckhart Tolle Book Club

Sunday Afternoons, Starting March 8th - 4:00 - 5:00 pm



Linda Riley

Oprah and well known author, Eckhart Tolle have teamed up to present a live 10 week web event based on his new book, ***A New Earth - Awakening to Your Life's Purpose***. To receive maximum benefit from this book, Oprah encouraged individuals in communities around the world to create a Book Club or reading group to discuss the impact this book can have on one's life.

Linda Riley, one of our master coaches and life coach, signed up to host a Book Club. She is inviting everyone in the ALC community, along with any friends to come and join her on this journey of self directed discovery. The Book Club will be starting on Sunday, March 9th from 4 - 5 pm

at the Center. For more information and details, go to www.oprah.com. Click on ***Oprah's Live Web Event*** and sign up. By signing up through Oprah's website you will receive the free workbook and web event. You will need this link to be live or to later view his weekly presentations. The web event started on Monday, March 3rd. Please call Linda Riley @ (916) 635-7533 or email her at Linda@yourlifestylecoach.com to reserve your seat. This event is free. ALC has offered the center to accommodate the huge response Linda has already received as a host from Oprah's website. Donations will be gladly accepted to cover ALC's expenses.

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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The Bulletin Board

Lots Happening!

Authentic Happiness: Creating More Happiness and Joy in Your Life

- Utilizing the approaches of Positive Psychology and the ground-breaking research of Martin Seligman, Ph.D., 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. The workshop will be especially useful for those interested in taking more control over the amount and quality of happiness in their lives. Aside from a willingness to learn and enjoy, there are no prerequisites. The course fee is \$75. Register on-line at www.AuthenticLeadershipCenter.com.

Celebrate Life! - Being Your Best for the World - Please join us at ALC for our continuing celebration and discussion about what is right with the world. In this, the last of a series of evenings, we will begin the night by showing the award winning DVD, **Celebrate What's Right With the World** by noted National Geographic photographer, Dewitt Jones, and then have discussion and activities around Being Your Best for the World.

Celebrate What's Right With The World teaches what a powerful force having a vision of possibilities can be for you. Do you have a vision for your organization? More importantly, do you have one for yourself? One that gets you excited every morning and keeps you open to opportunities? Stunning photography and powerful dialogue also help us see how we can approach our lives with celebration, confidence and grace.

Everyone is welcome - it is not at all necessary to have attended any of the other evenings of the series. **Being Your Best for the World** occurs Thursday evening, May 8th, 6:30 - 9:00 pm. The cost for the evening is \$15.

A Yoga class is being proposed for our community members - We are finding out if there is interest in a regular yoga class once a week or more often. We are currently looking at an evening or weekend class and would love feedback from those interested. Please contact Ayleen O'Connell directly at (916) 972-7232.

Stay tuned for many more great ways to get involved in our community in coming newsletters and enotes. If you have an idea for the community or want to help, contact Maril Cardwell at (916) 838-1321.

Always in a rush? Sure, you get where you're going faster, but you can also miss out on the scenery that makes life worthwhile. Try moving into the slower lane.

Take a "Time-In" - Time spent alone, without distraction. It can be spent sitting still, drinking a cup of tea or writing in a journal. Just 5 minutes a day can make a big difference in your energy level.

Take a Nap - Napping is the brain's natural restart button. It helps reduce stress and can even help improve memory.

Check your inner speedometer - It's easy to speed up when everyone else is whirling around you. Do a speed check and if you find you are rushing unnecessarily, go back to what you were doing at a slower pace.

Lower the Bar - When you try to be all things to everyone, you end up raising your pace. Try to lighten up on yourself.

Really Listen - The next time you have a conversation, notice what's going on in your thoughts. Try to calm down and really hear what the other person is trying to say. You'll not only connect more, you'll slow down too.



Tips for Authentic Living

Coaches'

Corner

One of our experienced coaches, Alicia Stammer, wrote a poem that does a great job capturing her experience of coaching. Here it is:

May We Journey?

Can I journey with you?

May I stand beside you here?

May I listen to your woes and fears

and greet the demons drawing near?

What parts of you have journeyed here,
to sit beside me now?

Parts of pain and parts of fear

have made it here somehow.

And are there parts of love and joy

that meet us here today?

And what about those tears?

What would they say if they had their way?

I've journeyed here before, you see

although your path is not mine.

I've had bumps, bruises, and scrapes too,
please know, they all healed in time.

Let's journey this path together

for a while, while you're here.

And when we're done, let me cradle you,

So courageous for embracing your fear.

Save the Dates!!

Last Evening at the Fair Oaks
Center

Thursday, March 27th

6:30 - 8:30 pm

An evening of remembrances

A Spectacular Event!

Saturday, April 12th

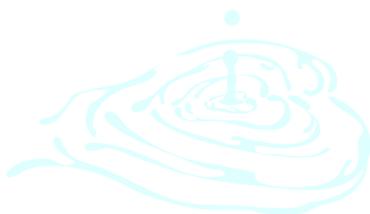
3 - 6 pm

(See the enclosed flyer)

Information Night

Monday, June 2nd

7 - 9 pm



Master Calendar of Events

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

Mar 27th Special Good bye to the Fair Oaks Center
 Apr 10th
 Apr 24th
 May 22nd
 May 29th
 Jun 12th

Seminars and Workshops

March 8th *Authentic Happiness* 9:00 am - 4:30 pm \$75/person
 May 8th *Celebrate Life! - Being Your Best* 6:30 - 9:00 pm \$15/person

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Spring '08	Apr 18 - 20	&	Apr 30 - May 4
Summer '08	July 25 - 27	&	Aug 13 - 17
Fall '08	Oct 17 - 19	&	Nov 5 - 9

Events and Gatherings

1st & 3rd Tuesday nights - **Men's Group** - 7:00 - 8:30 pm
 Monthly Saturdays - **Communications Practice Group** - 1:00 - 4:00 pm
 Sunday evenings - **Oprah's Book Club** - 4:00 - 5:00 pm

The Management Team

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