

AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Your Essence In Action

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Tony Fitzpatrick

A Thousand Beautiful Things

by Debbie Oudiz

I thank you for the air to breathe, the heart to beat, the eyes to see again- a thousand beautiful things. ~ Annie Lennox

Ok, I am moving. Or rather Jack and I are moving to Homer, Alaska. This is not to be confused with disappearing and leaving the community. I'll just be long distance for part of the year and in person for many trainings and events. Many of you may be saying (behind my back), is she crazy??!

It's too cold, far, [fill in the blank]. The short answer is yes. But what I do know is that the first thought I have when I awake in my Alaska home and look outside is that I am in love and then I repeat it a thousand times during the day (see Annie Lennox above). So my whole right side, the nurturer and free child of our PAC (parent-adult-child) model, is in ecstasy most of the time. My adult has made reasonable accommodations and checked for BIG mistakes. My adaptive child and critical parent will have lots of new things to fuss over (is this the right decision, what if I don't like it, what if I'm lonely, etc, etc, etc).

For those not familiar with the ALC model on our inner dialogue, what I have been writing about are the voices that are going off in my head as I approach this major life change. At ALC, we spend a lot of time exploring our internal landscapes, and dissecting and engaging our internal conversations. And so, I am in the habit of listening, sorting, and negotiating with all the myriad parts of me. All this change, chosen or not, comes with RISK. I am aware that I am in a heightened state of risk taking-sort

of an intense clarity laced with anxiety and excitement. Which of course triggers my negative core beliefs-do I belong?, am I enough?-which are also having a field day. What I do know is that these core beliefs also have a light side-so I know that I am connected and therefore I belong; I am full and there are many ways in which I make

significant contributions. This move has led me through my own private training and once again, awakened a deep appreciation in me for the work that we do at ALC.

What I am most present with is the love, acceptance, generosity, and kindness of our community-all of which I have had the good fortune to be on the receiving end again and again (and I hope I've returned it). So, I am not leaving, I am just expanding the physical bounds of our community. I will see you all soon either in Sacramento or Alaska. Namaste.

Bon Voyage Party!!
Join our entire community in honoring Debbie and Jack Oudiz, their retirement, and their move to Homer, Alaska. It will be a pot-luck with lots of fun and music! Everyone is welcome.

Quick Notes

Katie Rubin's Inside OUT!

Fantastic one-woman show coming to ALC - Not to be missed! **Details pg. 2**

Couples Dialogue Workshop

Patrick and Elizabeth Bell return to ALC with their popular and useful couples workshop. **Details pg. 2**

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Upcoming ALC Activities

Katie Rubin - *Insides OUT!*- Coming to ALC!!

Saturday, July 11th - 7:00 pm

We are extremely excited to bring Katie Rubin to ALC on July 11th to share with us her critically acclaimed and tremendously entertaining one-woman show, *Insides OUT!* Several of us have seen her show (Chris twice!), and can't wait to see her again. We are very fortunate that Katie could fit us into her busy professional life of writing, directing, performing, and teaching.



Katie Rubin

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 is phenomenal in depicting her lifelong struggle for integration of the many aspects of the self, and the continued voyage towards peace of mind.

Katie uses 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.

Not only is this terrific entertainment for any adult (we found ourselves laughing and crying at the same!), it is a profound and poignant example of embracing and loving all parts of self. Katie helps 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. Because some of Katie's parts use some pretty salty language, this one is not for kids.

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*.

Do not miss this show! It 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 7:00 pm. Admission is \$20 for early payment (register on-line at our website) and \$25 at the door as room allows. **Limited seating - we strongly suggest you buy your tickets now!**

A COUPLES' DIALOGUE: Growing Yourself, Growing Your Relationship

Sept 25, Friday Evening, 6:00 - 9:00 pm, and Sept 26, Saturday, 9:00 am to 4:00 pm

Being in relationship has been called the most difficult spiritual practice we can engage in. ALC invites you to learn more about yourself, your significant other, and the unique relationship that you create together in the **Couples' Dialogue Workshop**. This course consistently receives *outstanding* reviews by the couples that attend. The course fee is \$310 per couple, which includes workbooks, class materials, and personal Myer-Briggs reports.

The primary vehicle for this 1½ day exploration is the Myers-Briggs Type Indicator (MBTI), an extremely powerful tool for looking at self and others. Structured couples' dialogues and a variety of experiential exercises help couples understand and use the results of their MBTI scores. You'll gain important insights into the areas of strength in your relationship. In

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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:

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Listening: Waiting a few seconds can make all the difference

By Lou Zweier

One way of being for me is very fast. I move quickly from thing to thing and am often doing more than one thing at once. If I get blocked on one task, I switch to another and keep moving forward. I am anticipating whatever is going to happen next and am already taking action.

This way of being works great for getting things done, but it's not so great when it's time to listen. Many times, I have had simple conversations go south because I responded right on the heels of what the other person has said. When they repeat themselves again, usually with a louder or edgy voice, I realize they didn't feel heard.

Then, if I slow down, wait a few seconds to let what they are saying sink in - both the information and the feelings - and then reflect back what I have heard, the dynamic in the conversation will shift to a more relaxed state.

Sometimes, though, this is hard for me to do because I am confident I know what is going on with the other person and I know exactly how I want to respond. If I catch myself at this, I may actually have to wait mechanically for several seconds, forcing myself to slow down. Then with some breathing, I can calm down and begin to listen more fully.

So, the next time you find yourself in a conversation that is going south, slow down and take your time. A few seconds can make all the difference.

Come to ALC's monthly communication practice group and practice these skills and others - the next one is **Saturday, June 20th, 1-4 pm.**

As I look back over the years since I experienced my training, I am reminded of how profoundly it changed my life. Every aspect of my existence has been touched in so many ways and by so many wonderful people.

Having just finished coaching the 3 day, I have once again been transported to a place of gratitude and appreciation for how we as a community can touch so many people. Coaching is an opportunity to once again experience these feelings. Coaching is an opportunity to share ourselves, our knowledge, our creativity and our hearts with others.

If you find yourself asking the question: Should I coach? - please consider doing so. Gift yourself and others with you. Step into that beautiful, powerful, loveable, worthy person you found in your training.

We ask you to come join us in a fun, exciting and most delightful experience.

The next coach training is **Saturday, June 20th, 9am to noon.** Any graduate is welcome to attend this coach training. It will focus on the basic theory and practice of our coaching model - great for anyone interested in how we do what we do.

By Phil Stahr

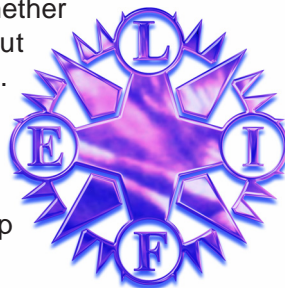
INFORMATION NIGHT - Monday, June 1st, 7 – 9 pm

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!

Tips for Authentic Living

To manage the stress in your life, whether it's working too hard or worrying about finances, remember to take care of yourself.

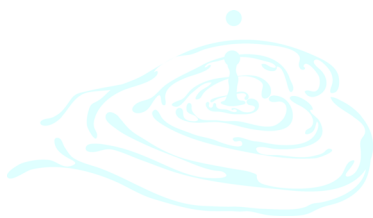
- Play with your pet
- Take a long bath
- Curl up with a good book and a cup of hot tea
- Take a walk; be out in nature
- Listen to music



Couples Dialogue, cont from pg 2

In addition, you'll see where difficulties can occur and then be able to identify steps you can take to transform those stuck places into possibilities for deeper awareness, acceptance and joy. Please note that the **registration deadline is August 25th** in order to provide enough time to process the MBTI assessments.

Elizabeth and Patrick Bell are the outstanding facilitators for this workshop. As a couple and business partners, and have 25 years combined experience with the Myers-Briggs Type Indicator.



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)

April 16 th & 30 th	May 21 st	June 4 th & 18 th
July 2 nd & 23 rd	August 13 th & 27 th	September 10 th & 24 th
October 1 st & 22 nd	November 12 th	December 3 rd & 17 th

Seminars and Workshops

Sept 25-26 *Couples Dialogue Workshop; Fri eve & Sat 9 am - 4pm*

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Summer '09	July 31 to Aug 2		Aug 26 to 30
Fall '09	Oct 16 to 18		Nov 4 to 8
Winter '10	Jan 22 to 24		Feb 3 to 7

Events and Gatherings - check the website for details

Bon Voyage for Deb & Jack - Saturday evening, June 6th, 6 pm

Katie Rubin's Inside OUT! - Saturday evening, July 11th, 7 - 9 pm

Information Night - Monday evening, June 1st, 7 - 9 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

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