

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 9, No. 2

Your Essence In Action

Spring/Summer 2010

Lots Going On!!

A busy summer at ALC begins with some new activities and the return of some favorites. The first annual **ALC Men's Retreat**, will be held in Lake Tahoe July 9-11; Patrick and Elizabeth Bell introduce a new **MBTI Workshop**, designed for individuals, Saturday, July 24; and Lou Zweier returns with **Compassionate Communications**, an opportunity to deepen and expand your communication skills, the weekend of July 30. As summer nears an end, **Leading from the Center**, ALC's flagship training, is August 6-8 and 25-29, and September 8-12, the ALC team leads **Going Deeper**, an advanced workshop for training graduates - at special 2010 prices. Lastly, and with great excitement, on Saturday, October 30, the ALC team rolls out a new one day workshop, **Inside Leadership**, introducing the models and processes used in our trainings. Learn more about ALC's summer activities in this issue of The Authentic News and watch for details of **Inside Leadership** in the next issue! Here are some details of what's coming:

MBTI Workshop for Individuals - Saturday, July 24th, 9:00 am to 4:30 pm

Do you ever find yourself wondering just why you do the things you do? Or why others act the way they do? Why do some things seem to come naturally and others take such effort? This is an opportunity to gain understanding into those and other questions that will give you insight to your distinct personality and how that gets expressed in the world. Using the Myers-Briggs Type Indicator, you will also come to understand how others who are different than you are just that - different. And they have their own preferences that come naturally to them. Also you will get to see how all of these preferences (your own and others) can both complement and be a cause of confusion, friction and upset. Knowing your personality type gives you greater access to making choices that both empower and enliven you.



Patrick and Elizabeth Bell

The Myers Briggs Type Indicator is the most widely used personality assessment tool available in the world today with translations in over a dozen languages, and has more than 50 years of validation history in the peer-reviewed literature. The course fee of \$150 includes assessment, type report and booklet and workshop materials. Register on-line by going to our website home page and clicking on the "Register here" link under "MBTI Workshop" under "What's New." **Registration deadline is June 30th**

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

Read inside for more details of all the events coming up!

Quick Notes

Leading from the Center - The next life-changing workshop is Aug 6-8 and Aug 25-29.

MBTI for Individuals - Learn more about you! July 24. **pg 1.**

Men's Retreat - First annual retreat in Tahoe July 9 - 11. **pg 2**

Compassionate Communications Workshop - Deepen your skill. July 30 - Aug 1. **pg 2.**

Going Deeper - Our advanced training is Sept 8-12 and has special 2010 pricing. **pg 2.**

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ALC Workshops

ALC Men's Retreat - July 9 - 11

Chris Mathe, Phil Stahr, and Lou Zweier will host **ALC's first Men's Retreat** in a very comfortable cabin in the Lake Tahoe area. There will be some organized activities and plenty of personal time to consider what it means to be a man in today's society. Any man, 13 years or older is welcome to join us. Space is limited.



Friday will begin with a community dinner and a group discussion on the specifics of the weekend. The retreat will end after breakfast and closing discussions Sunday morning. **The fee is \$125 per man.** We will make and share all meals together and the fee includes food. Register on-line by going to our website home page and clicking on the "Register here" link under "ALC Men's Retreat" under "What's New."

Compassionate Communications Workshop

Friday evening, July 30th, 6:30 to 9:00 pm

Saturday, July 31st, 9:00 am - 4:30 pm

Sunday, August 1st, Individual/Couple practice sessions

Compassionate Communication is a powerful process that can help you create the relationships you want in your life. Compassionate Communication utilizes the principles of Non-Violent Communication™ to create understanding and compassion for self and others. Develop your skill for honestly expressing what is important to you, and for empathically receiving what is important to others. Use this process to create connection with others from which shared problem solving becomes possible. In this day and a half workshop you will learn the basics of Compassionate Communication and practice them with others.

Lou Zweier has designed this workshop so that whether you are a beginner, or already have some experience with the material, you can deepen your understanding and skill – getting more of what you want from your relationships. Learn more and register by going to the ALC homepage and clicking on "Compassionate Communications" under "What's New."



Lou Zweier

Tuition for Friday night and Saturday is \$99 per person. Sunday is reserved for participants who wish to schedule individual or couples practice time with Lou at an hourly rate of \$20 per hour.

Going Deeper Workshop - September 8 - 12; Registration deadline, Aug. 15

Since many of you could not attend our advanced training, Going Deeper, last March, the ALC Team has decided to offer it again September 8 - 12. **Going Deeper** is another 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? and What is my gift to the world? This workshop starts at 6:00 pm on Wednesday, September 8th and continues through 6:00 pm Sunday, September 12th. Participants are responsible for their own lodging.

As in March, in recognition of the economic challenges many people are experiencing, the ALC Team is offering **special pricing**. The normal tuition for *Going Deeper* is \$995 per person. For this training **past graduates of *Going Deeper* can attend for \$500 and new registrants can attend for \$750**. Register on-line by going to our website and clicking on the "Register here" link under *Going Deeper* under "What's New."

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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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Book Review by Debbie Oudiz

Seeking Peace by Mary Pipher

Mary Pipher, PhD. is well known for her previous books, *Reviving Ophelia* (about raising our daughters) and *Another Country* (about our aging parents). In her current book, *Seeking Peace*, Pipher writes about how, at the peak of success, she had a complete "meltdown" with a year of debilitating depression and state of despair. Her book explores her life from childhood onward as thoroughly and compassionately as her training and twenty years of experience as a psychologist would require. As she describes her year as a dark night of the soul, Pipher also talks about her path back to normalcy and health as she states: "Now I wanted to accept myself as I was. Psychologist Carl Rogers formulated what he called 'the paradox of change' which is that people can change only in an environment of utter acceptance and regard. I wanted to create a mental environment in which I viewed myself as someone who deserved to be understood and cherished." Much of the inner work that Pipher describes in this book parallels the work we do at ALC: the love of the scared kid, the acceptance and truce with the critical parent. Her journey from what she described as the feeling of being broken back to a balanced and peaceful life is as inspiring as it is instructional. Pipher eloquently and compassionately lays bare her soul for us to witness, identify with, and love. I highly recommend this book to seekers of all kinds—it is an inspiring and insightful journey.

Seeking Peace: Chronicles of the Worst Buddhist in the World

Mary Pipher

Riverhead Books 2009

You may not be able to change the past, but possibly you can learn from it. Below are comments from people who were asked, "What would you do if you knew then what you know now?"

Be kind instead of right. As I get wiser, I have learned that being gentle with myself and with others is a great gift. I don't have to correct others to let everyone know that I know more.

Don't be in such a rush. When I was younger, I was always in such a hurry that I easily veered off the path. Today I've learned patience. Sometimes it's best to step back and wait rather than jumping in just to do something.

Love yourself first. Loving yourself first means taking time to treat yourself the way you treat others .. with kindness, compassion and respect. Practice the Golden Rule on yourself.

Forget about being super ... anything (fill in the blank). I set myself up for disappointment in trying to do everything perfectly. Now I do the best I can and accept it.



Tips for Authentic Living

Coaches' Corner

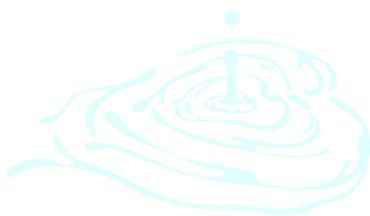
By Gayle Mathe

During a recent coach debrief meeting, we had a great discussion about how to decide what kind of "role play" to initiate when a participant's process would appear to benefit from role playing. Should you suggest someone play the judgmental husband or the insufferable sister, or should you set up a couple of chairs and suggest the participant have the conversation – and play both sides of it? The results for both methods can be productive – as there are benefits to each. My decision, though, is usually influenced by the situation/conflict. If the person/situation is tied to one of the core decisions the participant has made about herself, a role player is a great way to bring that into focus – often making judgments/accusations that mirror the participant's inner dialogue. However, if the person has left some unanswered questions about the relationship or created an internal conflict for the participant, when the participant plays both sides of the conversation, she often uncovers some truth – deep inside herself – that she knows about this person and this situation, but which has been covered up by the overlying emotions. The ensuing conversation is often amazingly revealing and healing. It's truly powerful to find the wisdom that is inside through this method of role play. To learn more about this and other coaching techniques, please join us at free coach trainings. The next one is Saturday, July 17, 9 am-noon.

INFORMATION NIGHT

Monday, September 13th
7 – 9 pm

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)

June 3 & 17	July 8 & 22	Aug 12 & 19	Sept 9 & 23
October 7 & 28	November 18	December 2	

Seminars and Workshops

July 9 - 11	ALC Men's Retreat , Fri evening - Sun morning
July 24	MBTI Workshop for Individuals , Sat all day
July 30 - Aug 1	Communications ; Fri evening + Sat, Sun practice
Sept 8 - 12	Going Deeper , Wed evening - Sun evening
Oct 30	Inside Leadership , Sat all day

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Fall '10	Oct 15 to 17	&	Nov 3 to 7
Winter '11	Jan 14 to 16	&	Jan 26 to 30
Spring '11	Apr 1 to 3	&	Apr 13 to 17

Events and Gatherings - check the website for details

Men's Group - 1st & 3rd Tuesday nights each month - 7:00 - 9:00 pm

Community Meeting Follow up - Monday evening, July 13th, 6:30 - 9 pm

Communications Practice Group - July 17, Saturday - 1:00 - 4:00 pm

Information Night - Monday evening, Sept 13th, 7 - 9 pm

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