

# the Authentic News

Newsletter of the Authentic Leadership Center

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Essence In Action

Summer/Fall 2003



## One Year Old and Counting...

After starting up and having an extremely successful first year, the Authentic Leadership Center is setting its sights on 2004 with even more trainings, seminars, support groups, and workshops. Some quick highlights for the coming year are:

The Center will offer four **Leading from the Center** trainings next year. This is our two-session, eight day workshop (formerly called the Authentic Leadership Training). With personalized success planning and extensive reflection work before the training and three months of follow-up support at Living Authentically, Leading from the Center creates transformative change and helps people find and transform their passion into action in their world.

Based on the demand for the three trainings this past year and the enthusiasm and passion of our volunteer coaches, we expect next year's trainings to fill up quickly. Check the calendar for dates.

We will be offering several exciting **one-day and weekend workshops** this coming year starting off with Elizabeth and Patrick Bell's Couples workshop November 14 - 15 (see article on page 2). One-day seminars offered next year will be: Living Effectively, Conflict Resolution, Authentic Happiness, and Welcome to Your Chaos - Intro to Voice Dialog. Weekend seminars will be: Couples Workshop, Forgiveness, Healing, and Appreciation, Harnessing the Voices Within (Adv Wkshp), Appreciative Inquiry, and Healing Your Grief and Loss (Adv Wkshp). We will also be developing half-day seminars based on several of those listed above to be offered to businesses and organizations. We will be publishing exact dates for all these workshops in our next newsletter.

Our monthly **community seminar series** will expand in the coming year. These Thursday evening seminars on various "authentic living" topics are always lively and fun and facilitated by experts from the community. Our next two seminars are: September 11th: *Thriving in Conflict* and October 30th: *Introduction to Non-Violent Communication: A Language of Compassion*. Ten additional seminars will be offered throughout 2004! All of our community seminars take place at the Fair Oaks Grange Hall about one Thursday evening per month from 6:30 until about 9:00 pm. The fee is \$15 per person.

**Living Authentically**, our twice-monthly peer support meetings have been a tremendous success. With an average of about 20 folks coming each evening, many people have discovered the safety, compassion, and wisdom that our community provides. Each evening is very unique. The

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### Quick Notes

#### New Name

In order to lessen any confusion among ALC's many trainings and events and to be more descriptive of our flagship program, we have decided to rename the Authentic Leadership Training to **Leading From the Center**.

#### Next Training

The next Leading From the Center Training is October 17-19 (3 Day session) and November 5-9 (5 Day session). If you or anyone you know is interested, contact us soon - we expect a full training!

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**ALC Presents:**

## **A COUPLES' DIALOGUE: Growing Yourself, Growing Your Relationship**

*Friday Evening, November 14th and Saturday, November 15th*

Being in a relationship qualifies as a "growth experience" for most of us, with all that phrase implies: the peaks and the humdrum, the joys and sorrows. 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***.

The primary vehicle for this day and a half exploration is the Step II Myers-Briggs Type Indicator, an extremely powerful tool for looking at self and others. In addition there will be structured couples' dialogues and a variety of experiential exercises. You will gain important insights into the areas of strength in your relationship. In addition, you will 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 October 1, 2003** in order to provide enough time to process the MBTI assessments.

The course fee is \$250 per couple, which includes workbooks, class materials, and personal Myers-Briggs reports. The course runs Friday evening, 6:00 - 9:30 pm and Saturday, 9:00 am to 6:00 pm.

The course facilitators, Elizabeth and Patrick Bell, are partners in business and in life. They work together as organizational development consultants and have 25 years combined experience with the Myers-Briggs Type Indicator. They have been married 18 years and have been successful at growing themselves and their relationship while bringing their learning and insights to others for personal and professional applications.

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## **ALC Thursday Evening Seminar Series Continues:**

### **September 11<sup>th</sup> Seminar: *Thriving in Conflict***

Dr. Liz Taylor, an exciting and enthusiastic speaker and counselor, will present how to win over difficult people and seven ways to thrive in conflict!

- Learn how to deal with an unproductive employee or team member
- Discover your conflict style and use it to win
- 5 ways to create win/win situations in your work and family life.

Dr. Liz Taylor, is passionate about life and enjoys counseling clients at Fall Creek Counseling in Roseville. She teaches classes in relationships, human development at Sierra College. She is also the co-author of the book, *Thriving in the Midst of Change*. She has twenty years experience running a consultation company, and has degrees in Nutrition, Education and Curriculum, and Clinical Psychology. She is a certified Executive Coach and enjoys assisting clients in pursuing their dreams.

### **October 30<sup>th</sup> Seminar: *Introduction to Non-Violent Communication: A Language of Compassion***

Non-Violent Communication is a process that leads to greater understanding and compassion for self and others. The goal of Non-Violent Communication is for everyone to get their needs met with each person giving willingly. This is accomplished through honest expression of needs, and empathetic listening to the feelings and needs of others. Doing this creates a heart connection between people from which solutions easily flow. Non-Violent Communication has been developed by Marshall Rosenberg, PhD, international mediator and peace maker. In this introductory evening you will learn the basics of Non-Violent

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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, phone, or email:

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# Give Yourself To Love (Kate Wolf, 1982)

## ALC's Unofficial Theme Song

*Give yourself to love, if love is what you're after.  
Open up your heart to the tears and laughter  
And give yourself to love, give yourself to love.*

Yes, it's true. The leadership team of the Authentic Leadership Center has adopted *Give Yourself To Love* as its unofficial theme song. As with much in the creation and growth of ALC over the past year, the choice of this song "just happened." We played it one day and the words matched what we were feeling and envisioning for the training, and it stuck. Similar to many of the choices we have made over the past twelve months, there was no struggle, no big decision, it just was!

The writer and performer, Kate Wolf, died from leukemia at the age of 44 in 1986. Altogether she wrote close to 200 songs and recorded 60. According to Ed Guthman of the San Francisco Chronicle, the most beloved of all is *Give Yourself to Love*, that he describes as "a gentle tune about conquering fear of intimacy and opening up the heart."

Her husband, Max Wolf explains how the song came to be: "She wrote it for two good friends on the afternoon of their wedding in Nevada City. She was supposed to sing a couple Bob Dylan tunes, but she had a couple hours to kill before the wedding so she went into a bedroom with her guitar, closed the door and just churned it out in a couple hours. She sang it at the ceremony, and her friend Nadine who was getting married cried. The minister cried. And Kate cried. She started doing the song in concerts, and immediately got requests from people to sing 'Give Yourself to Love' at their weddings."

Chris, one of the ALC's managing partners, has carried on this tradition by singing the song at several weddings, memorials, christenings, and birthdays. It is now played at all celebrations of **Leading from the Center** training.

### Tips for Authentic Living

**Invite your highest self to be present** - When faced with situations that may be pushing your buttons, call upon that ideal self you aspire to be for direction. Ask yourself: How would the person I want to be, do the thing I am about to do?

**Put your love into action** - Love is a Verb! Remember love is a choice and is backed up with action. Every day, choose to express and demonstrate your love to those around you.

**Make time for you** - Take time for yourself each day. It may not be a lot of time, but even 20 minutes of time just for you can help. Do something that makes you feel good. Write in your journal, read a magazine, meditate. Some days you might find that you can spare hours and others only a few minutes, but it's important to make some time everyday for you.

**Practice optimism** - It has been proven that optimists live longer and happier lives. The key to optimism is to practice viewing successes as a generalized, normal condition of you and the world and to view setbacks as specific, localized events that are correctable or otherwise surmountable.



Community Seminars from page 2

Communication and practice them with others. You will learn to:

- Confront problems with others without blaming or criticizing
- Avoid patterns of thinking that lead to guilt, shame, and anger
- Resolve conflicts without "giving in" or "over-powering" others
- Learn to express appreciation powerfully

Lou Zweier has been a student and practitioner of Non-Violent Communication for the past 9 years. He has been working with the Center for Non-Violent Communication <[www.cnvc.org](http://www.cnvc.org)> for the last three years creating video training materials of this process. Mr. Zweier is also Director of the CSU Center for Distributed Learning, a nationally recognized academic technology center for the California State University System. He has presented at regional and national educational technology conferences on communication skills and conflict resolution.

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first half of the night is usually devoted to a group check-in and the discussion of a theme. The second half of the evening is devoted to fulfilling requests. Usually we have many different activities going on at once - process work, dancing, OH cards, meditation, writing, and much more. We end each evening an opportunity to express gratitude and appreciation and then a Love Circle. All the "LAs" take place at the Fair Oaks Grange Hall two Thursdays a month from 6:30 to about 9:00 pm.

## 2003 Calendar of Events

### Living Authentically (Thursdays, 6:30 - 9:00 pm)

May 8	July 17	Oct 2
May 15	Aug 7	Oct 16
June 5	Aug 21	Nov 13
June 19	Sept 4	Nov 20
July 10	Sept 18	Dec 4
		Dec 18

### Seminar Series (Thursdays, 6:30 - 9:00 pm)

Sept 11	Thriving in Conflict
Oct 30	Intro to Non-Violent Communication: The Language of Compassion

### Leading from the Center (formerly the Authentic Leadership Training)

	Session 1 (Fri-Sun)	Session 2 (Wed-Sun)
Summer 2003	Aug 1-3	Aug 13-17
Fall 2003	Oct 17-19	Nov 5-9
Winter 2004	Feb 6-8	Feb 25-29
Spring 2004	Apr 23-25	May 12-16
Summer 2004	July 23-25	Aug 11-15
Fall 2004	Oct 15-17	Nov 3-7

### Coach Training (Thursdays, 6:30 - 9:00 pm except Saturday, July 19th)

Aug 28	Oct 23
Sept 25	Dec 11

### Weekend Workshop

Nov 14-15 - A COUPLES' DIALOGUE - Fri 6:00-9:30 pm, Sat

All activities listed take place at the Fair Oaks Grange Hall

### Contacting the Leadership Team

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*Presents*

# **A COUPLES' DIALOGUE:**

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**Growing Yourself, Growing Your Relationship**

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*Facilitated by*

**Patrick and Elizabeth Bell**

EDGE Consulting

**Friday November 14, 2003      6:00 p.m. – 9:30 p.m.**

**Saturday November 15, 2003    9:00 a.m. – 6:00 p.m.**

*Fair Oaks Grange Hall*

*7669 Woodland Lane, Fair Oaks, CA*

***Registration of \$250 per couple includes:***

- Advanced Meyers-Briggs Type Indicator (MBTI) Assessment
- Introduction to Type Booklets for each person
- MBTI Couples Relationship Report for each couple
- Course materials and handouts

**Registration deadline is *October 1, 2003* in order to provide sufficient time for processing the MBTI**

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Names

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