

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 3, No. 3

Essence In Action

Summer 2004



Two Years and Flying...

New workshops and trainings, Building Update, and More!

It seems like yesterday... This past Labor Day marks the two year anniversary of the Authentic Leadership Center. With the help and support of our wonderful community, we have far surpassed our expectations in most every aspect of our vision: We are looking forward to graduating our seventh group of **Leading from the Center** participants this coming November; Living Authentically, our twice-monthly peer-support group, has grown into a vibrant gathering of graduates and non-graduates alike committed to personal excellence and community support; Our monthly seminars have been extremely successful in bringing in

wonderfully knowledgeable experts from around our community; and our monthly coach trainings have helped create an ever-growing group of skilled and compassionate coaches who are really the core of *Leading from the Center's* success.

Workshops and Trainings

We have several new trainings and workshops planned for the end of this year and 2005. Leading the way is Lou Zweier who will present a one-day seminar on **Compassionate Communication: Getting More of What You Want Out of Your Relationships**, on Saturday, December 4th (see insert). We are also very excited to announce our first advanced training: **Going Deeper** to be held March 9-13, 2005. This is an opportunity for graduates of Daybreak, NLI (predecessors of ALC), and ALC to revisit some issues or to work on material that surfaced since your graduation - utilizing many of the same profoundly transformative processes used in the *Leading from the Center* 5-Day session. Details will be published in the next newsletter and on the website.

Four other workshops and trainings are already planned for 2005: **Conflict Resolution: Saying the Hard Stuff** - May 20-21, **Authentic Happiness** - June 11, **Forgiveness: Letting Go of the Hurt** - September 17-18. We are also firming up dates for another **Couples Workshop** early in 2005. Make a note of the dates! More details soon!

New Building Update

After working patiently with Sacramento County Planning, permits have been obtained and construction has begun to renovate the Parkside Professional Building on Fair Oaks Blvd. in Carmichael for the

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Quick Notes

Information Night

Be sure to come and bring a friend to our next fun and friendly Information Night, Sept 14th, 7-9 pm.

New Facility!!

With any luck, we'll be in our new facility in Carmichael by the end of the year. We'll keep you posted!

Next Training

The next **Leading From the Center** Training is Oct 15th-17th (3 Day session) and Nov 3rd-7th (5 Day session). If you, or anyone you know, is interested, contact us now!

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Reflections on the Couples Dialogue Workshop

Jill and Lou Zweier recently participated in the Couples Dialogue Workshop put on by Patrick and Elizabeth Bell at ALC. The workshop uses the Myers-Briggs Type Indicator (MBTI) to give couples insight into their similarities and differences and then teaches strategies for relating to their partner in ways that are more in-sync with their type. Here are Jill and Lou's reflections after they participated:

Jill: At the beginning of the workshop, I was excited about being able to explore how my and Lou's personalities worked together, and in some cases, didn't work together. I was very aware that we had a basic love for and commitment to one another, but at a practical, functional level we occasionally had conflict (who doesn't?). I was looking forward to whatever I might learn and understand more fully about why I do what I do and the same for Lou.

Over the day and a half of the workshop, the variety of exercises gave me an opportunity to learn about how I operate in the world and more importantly, how Lou and I work together as a couple. As Lou described, it was also quite scary for me to discover that we were opposite each other in all four dimensions of the MBTI. Familiar feelings of hopelessness crept into my consciousness if we are so different, how can we ever make this work (forgetting that we had been making it work for a very long time). Throughout the weekend, the sharing, listening, learning, and doing gave me hope that we can choose to see what does work and let go more of what doesn't.

Overall, I developed a better understanding of myself and of Lou. I learned to accept myself for who I am with less self judgment and criticism. Actually, I learned to celebrate my strengths and see more clearly all the good I bring to our relationship. That doesn't mean, however, that there isn't room for self-improvement. I just developed a little more compassion and love for who I am and what I contribute to my relationship with Lou. In addition to increased compassion and love for myself, I developed a greater understanding, appreciation, and compassion for Lou. Even though we have differences in many areas, and have had, and will continue to have, many opportunities to work through our "stuff", we balance each other out and bring our strengths to the relationship. Most of all, I rediscovered that my love for Lou is what is at the foundation of our marriage of 22 years.

Lou: Going into the workshop, I was a little worried about being put in a box by the MBTI. I didn't like the idea of a test telling me what I am like, or that anyone might use my type information to put me in a box. This fear began to melt away as Patrick and Elizabeth explained that the different types are tendencies, not absolutes, and that I had the last word on which type fit me best. In the end, I felt very validated by the MBTI description of me rather than boxed in by it.

I really enjoyed the workshop exercises which showed very dramatically (and with fun) how different types respond to different situations. I also learned a lot from the other couples in the workshop. At one point though, I felt very overwhelmed by seeing all the differences between myself and Jill. I was reminded of all the things we have struggled with during our 22 years of marriage and I began to feel very panicky. Then, as we continued with various exercises, I began to feel heroic about the ways we have learned to cope with our differences, and the deep commitment we share to loving and understanding each other that has kept our relationship working.

To sum up, I'd say I learned that the MBTI is a good mechanism for promoting acceptance of differences. It is another way of helping me see that my partner's behaviors/attitudes are connected to her temperament. When my partner does something that I do not like, it's not that she is trying to do something to me, it's just her personality.

ALC Thursday Seminar Series Continues

- ***Creativity and Magic - September 25th***
Cathy Dyaico, M.D.
- ***OK, You're Naked... Now What? - October 28th***
Pauli Hakenson

These seminars are on Thursday evenings, 6:30 - 9:00 pm. The fee for each evening is \$15 per person and \$25 per couple. They are held at the Authentic Leadership Center training facility. See website for details.

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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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The Joy Diet:
10 Daily Practices for a Happier Life
 Crown Publishers, 2003

Martha Beck, Ph.D.

So why not a joy diet? Diets are major pastime for many of us. We read about it, think about it, discuss it. We know that what we put in our bodies determines our health. So what we put in our minds and our spirits is just as important for our mental and emotional health and well being. Martha Beck has put together a very readable, funny, and practical approach for increasing life satisfaction and growing joy in our lives. Her wisdom and practical guidance are presented in 10 daily practices. The practices build on one another and she suggests (rather emphatically) that one masters each step before adding the next practice.

Beck begins with the practice of nothing. Yup, fifteen minutes of nothing everyday. Sounds easy, but it actually requires practice and attention to do be still and *do nothing*. From there she works us through the next nine steps—steps such as truth, risk, creativity, laughter, and connection. In her chapter on laughter, she includes her requirement that we laugh 30 times per day *at a minimum*. After discussing the less than humorous physiological reasons, she then goes into her favorite jokes and web sites to increase mirth and humor. She even presents emergency laughter alternatives when life is just too challenging.

This wonderful light hearted, but deeply significant book is a product of Beck's many years as a coach and organizational psychologist. In addition, to coaching, writing, and leading workshops and trainings, she writes a monthly column for Oprah Magazine. Check out this book—we all deserve joy filled lives!

Further information on www.MarthaBeck.com.



Tips for Authentic Living

Stop, Breathe, Reframe - When you catch yourself thinking negative thoughts, tell yourself STOP (maybe picture a stop sign). Take a deep breath. Then reframe the thought.

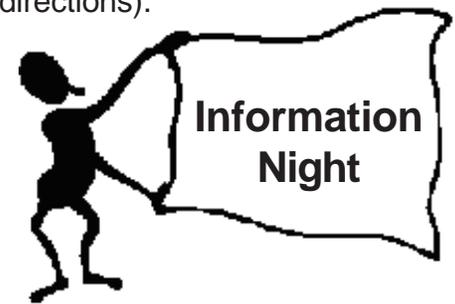
Gratitude Journal - Write each day in a journal about some things about which you are grateful - practice the positive-feeling muscles.

Which Voice? - ALC teaches a simple model of how our intra-psyche world might work, involving five voices: The Critic, The Nurturer, The Adult, The Adaptive Child, and The Free Child. Start noticing which voice you are talking from in your interactions with self and others (come to Living Authentically to learn more!)

Access Your Inner Wisdom - There are many ways to get in touch with the part of you that is wise. One way is to write a letter to that part of yourself and ask for help... and then answer it! Some simple directions for this powerful technique can be found on the Resources page on our website.

Two Years and Flying from page 1
 new home of the Authentic Leadership Center. The wait will be well worth it! Picture this... A large comfortable reception area with sofas, chairs and a bubbling water fountain. Double doors open into a 50' x 28' training room with a raised wood floor and 50 feet of floor-to-ceiling glass windows looking out over an atrium of flowers and green plants. There is plenty of parking and Carmichael Park is right next door! This fabulous training room will also be available for event rentals.

We are planning on being in our new home before the end of the year. We will keep you posted with developments! In the meantime, please continue to join us at our current location on Old Placerville Road in Rancho Cordova (check the website for directions).



Is anyone you know curious about **Leading from the Center**, our 8-day, two-session training? Do you know anyone who might benefit from the training? Why not bring them to our next Information Night on Tuesday evening, September 14th, from 7:00 to 9:00 pm.

The night is informative, light, fun, and designed to answer as completely as possible any questions people might have about the training. It is also a great opportunity for potential participants to meet the leadership team and hear from graduates that have experienced the training. Light refreshments are served.



Master Calendar of Events

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

Sept 2	Oct 21	Dec 16
Sept 16	Nov 11	Dec 30
Sept 30	Nov 18	
Oct 7	Dec 2	

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

Sept 23	<i>Creativity and Magic</i>	Cathy Dyaico, M.D.
Oct 28	<i>OK, You're Naked. Now What?</i>	Pauli Hakenson

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

	Session 1		Session 2	Celebrations (5:30 pm)	
Fall 2004	Oct 15-17	&	Nov 3-7	Oct 17	Nov 7
Winter 2005	Jan 14-16	&	Feb 2-6	Jan 16	Feb 6
Spring 2005	Apr 8-10	&	Apr 27-May 1	Apr 10	May 1
Summer 2005	Jul 22-24	&	Aug 10-14	Jul 24	Aug 14
Fall 2005	Oct 21-23	&	Nov 9-13	Oct 23	Nov 13

Workshops

- Dec 4 - **Compassionate Communication** - Sat 9:00 am - 4:00 pm
- Mar 9-13, 2005 - **Advanced Workshop: Going Deeper** - Wed evening - Sun
- June 11, 2005 - **Authentic Happiness** - all day Sat
- May 20-21, 2005 - **Conflict Resolution** - Fri evening, all day Sat
- Sept 17-18, 2005 - **Forgiveness** - Fri evening, all day Sat

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