

# The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Your Essence In Action

Winter 2012

## Intent and Vision by Chris Mathe



When we work with participants in our Leading from the Center training, we often help them create / enhance their “Adult” voice: the part of themselves that has a vision, sees the big picture, and can choose actions based on feedback from the other “parts” of themselves.

Any effective change resulting from workshops, coaching, self-help, therapy, etc. generally involves seeing more choices and making more “integrated” or “adult” choices from among them. This process of strengthening the adult voice usually involves deeply considering what activities, things, and people create meaning and purpose in one’s life, and seeing and acting on the moment-to-moment choices that successfully support that vision.

For me, this meant realizing that intimate connections and helping people created a great deal of excitement and meaning in my life. So, I started creating and revising a vision of myself that had me choosing activities and people in my life that manifested connection and care. At first, this included volunteer coaching, choosing to connect deeper with important people in my life, and deeply investigating topics in spirituality, psychology, purpose, and meaning. As I found more meaning and passion in these activities and people, the vision of myself became more detailed – eventually including going back to school and becoming a psychologist.



What’s important in my personal story is the development of an intentful vision that helped guide the multitude of short and long term decisions I made – that each of us has to make every day. Without this vision, the adult voice, even if it is present, has no compass upon which to guide me and generally will acquiesce to the loudest and most persistent of the other voices: the scared kid, the demanding critic, the loving nurturer, or the fun-seeker. And since the scared kid and the demanding critic usually have had

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### Quick Notes

**ALC 10th Anniversary Birthday Bash** - Save the date: Sept. 8th.

**Fuel the Change** - Free health and nutrition seminar. Mar. 15th.

**NEW - The Voices Within** - Make peace with the voices in your head. May 10th

**Leading from the Center** - The Spring session of our life-changing workshop is Mar. 30 - Apr. 1 and Apr. 18 - 22.

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## ALC Workshops/Events

### Fuel the Change - with Josh Mathe      Thursday, March 15th, 7-8 pm



For a few years I've known a powerful health secret that I've shared with anyone who will listen. Now mainstream America is starting to listen and a tide is rising. Give me an hour, and I will teach you a powerful, science based approach to nutrition that can dramatically reduce your risk of cancer, diabetes, heart disease, and obesity. Perhaps even more exciting is that following these easy principles creates more energy, a better mood, clearer thinking, and an overall increase in quality of life. You may even find your relationship to food changing in fun and positive ways. Please join me for an evening that promises to be enjoyable, informative, and potentially life changing!

Josh Mathe holds a M.S. in human nutrition and is a certified Performance Enhancement Specialist through the National Academy of Sports Medicine. He is also an Ironman triathlete and owner of One10 Performance & Nutrition in midtown Sacramento. Josh specializes in helping people lead healthy, joyous lives and is a sought after speaker and writer.

This event is sponsored by ALC and is free of charge. Please RSVP to [gayle@authenticleadersip.com](mailto:gayle@authenticleadersip.com)

### ***The Voices Within: Sorting out your inner chaos***

***May 10th, 6:30 - 8:30 pm***



If you want to make peace with the voices inside your head, this workshop is for you! The ALC Leadership Team will guide you through experiencing and understanding the various voices that fire off and create internal chaos. What each voice has to say can be very surprising and illuminating. Learning to dialogue with your inner voices gives you more awareness, choice, and power in your life.

The workshop is open to anyone and will be a fun and educational experience. Cost is \$15 per person and takes place at the Authentic Leadership Center.

### ***Going Deeper - May 30th - June 3rd***



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.

Check the ALC website for more details, or register here.

#### *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 most "air time" in the past, choices without an intentful adult vision and an active adult presence can be limiting, fear-based, and feel joyless.

At ALC we consider all the voices or parts of self essential to the "whole," knowing all play important roles in who we are. The question becomes, then, who do we want driving our bus as we wend our way through our life?

## Book Review by Debbie Oudiz

### *The Gifts of Imperfection*

Brene Brown, Hazelton 2010

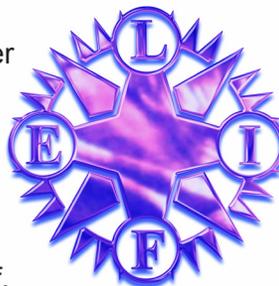
I was first introduced to Brene Brown's work when a friend sent me a link to her TEDx talk. I was very taken with her honesty, vulnerability, perspective, and insights. Brene Brown has conducted research on shame-how it impacts people, how people have been able to come to terms with it in their lives, and how shame shows up on a societal level. In doing her research, she began to investigate what she calls "wholehearted living," which she defines as "engaging in our lives from a place of worthiness." At this point in

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**1. Release the need to control:** It is wishful thinking that we can actually control the events around us and what others do. Embrace the serenity prayer; you will flow more and struggle less.

**2. Practice the Breath of Thanks:** Take a few moments each day to close your eyes, focus on your breathing as you breathe deeply and slowly, and with each breath express gratitude for your breath and for your life. Better still – do it a few times each day!

**3. Be gentle with others:** Remember that for the most part, in any moment, people do the best they can with what they have. When you are gentle in your judgments of others, you will often find you are gentler with yourself.



## Coaches' Corner

By Lou Zweier

Good coaching skills are good life skills. In life, I often see people practicing what I would call an Authority Model of Change:

Figure out what a person's problem is and what they are doing wrong, tell them the mistakes they are making, tell them better ways to think, feel, and behave that will solve their problem.

My experience is that this strategy of diagnosis and prescription rarely produces change. At ALC, I strive to practice the Re-decision Model of Change using the following principles:

- Meet people where they are.
- Listen for feelings and meaning.
- Check in on assumptions.
- Invite the other into new possibilities.
- Be open to learning and shared problem solving.

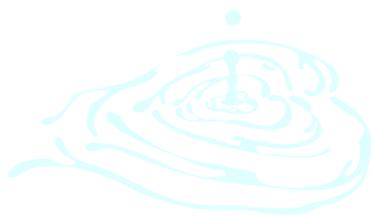
My experience is that the safety and trust created by this approach produces an openness to new ways of thinking and acting.

If you haven't coached in a while, or are considering coaching for the first time, come join us for a coach training and extend your skills in supporting others to grow, and supporting yourself in life!

## Leading from the Center INFORMATION NIGHT

Thursday, June 7th  
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!



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her research Brown realized that her own life was anything but wholehearted. Thus began a lengthy saga of exploration, therapy, breakdown, and spiritual awakening. This book, *The Gifts of Imperfection*, is a road map to living a wholehearted life. It integrates both Brown's extensive knowledge from her academic pursuits as well as an abundance of insights and real life strategies that she has used and continues to use to live her life from worthiness; a wholehearted life. As you may have assumed by now, Brown's approach and knowledge dovetail

closely with ALC trainings, hence making it another tool for deepening our own lives. *The Gifts of Imperfection* is a very accessible read, designed to reach a large and diverse audience with lots of practical applications. I highly recommend both the book as well as the TEDx talk <[www.youtube.com/watch?v=X4Qm9cGRub0](http://www.youtube.com/watch?v=X4Qm9cGRub0)>. We all deserve to live wholehearted lives.

If you wish to be removed from the ALC mailing list, send a message to:  
[info@AuthenticLeadershipCenter.com](mailto:info@AuthenticLeadershipCenter.com)

## Master Calendar of Events

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

Apr. 19	May 3 & 17	Jun. 14 & 28	Jul. 5 & 19
Aug. 2 & 16	Sept. 13 & 27	Oct. 4	Nov. 1 & 15

### Seminars and Workshops

Mar. 15	<b>Fuel the Change</b>
May 10	<b>The Voices Within</b>
May 30 - Jun 3	<b>Going Deeper</b>

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Spring '12	Mar. 30 to Apr. 1		Apr. 18 to 22
Summer '12	Jul. 27 to 29		Aug. 8 to 12

### Events and Gatherings - check the website for details

**Men's Group** - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday nights each month - 7:00 - 9:00 pm  
**Communication Practice Group** - May 19th, Saturday - 1:00 - 4:00 pm  
**Coach Training** - May 19th, Saturday 9- 12 pm  
**Info Night** - June 7th, 7 - 9 pm

## The Management Team

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