

## The Themes of Authentic Leadership

As you hear more and more about Authentic Leadership, you may be wondering, “what is this training about, what does it mean and what will I accomplish upon completion of this training.”

When we use the phrase “essence in action,” we’re talking about the Authentic Leader you really are, already, not someone you are trying to be. We’re speaking of the Authentic Leader that’s already there, that maybe you just forgot about or allowed to get sidetracked along the way. We’re talking about how we live our lives, both inside and outside. It’s about showing and acting from your authentic self.

During the Authentic Leadership Training, the following themes are an integral part of our training. They will become the signposts for a life lived authentically.

### **Relational Intelligence**

Your group will form a learning community. This community will be collaborative in nature, with both the staff and your group mates. The exercises will allow you to enhance your communication and listening skills. You will also develop your unique voice and learn to share your authentic self with others.

### **Expanded Self Awareness**

We begin the training with the understanding that we are all whole, perfect and complete, exactly who we are. This theme is addressed many times over in the training in many different ways. You’ll have the opportunity to practice holding that vision for your groupmates while they and the staff hold it for you so that you can make the choice to believe it also. You will discover that once you are at choice, Authentic Choice, you can make balanced and complete decisions on how you live your life. Leadership starts with self-awareness and works from the inside out. Once you can understand that you are OK just the way you are, you can make decisions on whether or not you wish to enhance that. You will be able to obtain a bigger perspective, perhaps stepping back a bit, to see how capable you really are. There will be many opportunities during the training to receive feedback and to ask for help.

### **Healing and Growth**

As we work collaboratively through your issues, you will have many opportunities to experience healing and change around them. Shame and guilt, constant companions of many people, will be reduced as an explicit part of the processes. There will be no need

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### **Quick Notes**

#### **Website Launch**

An important part of keeping in touch with our community is our website. It is now up and running at [www.AuthenticLeadershipCenter.com](http://www.AuthenticLeadershipCenter.com). We have lots of plans for keeping the site fresh and informative. Our goal is to create an informative, good looking, and easy to navigate site. Check it out!

#### **All-Day Coach Training**

If you are interested in becoming a volunteer coach/staff for our Authentic Leadership Training, make plans to attend our all-day training on February 22<sup>nd</sup>. Look inside for more details...

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# Thursday Nights at the Grange

## Living Authentically, Seminars, and Coach Training

Beginning with the new year, the ALC will be offering a variety of community services almost every Thursday evening at the Fair Oaks Grange. First, Living Authentically, our on-going peer support group, usually meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month (check the calendar on page 4). These walk-in groups have been well attended and seem to be filling an important need in our community. It is a place to do process work, get advise, give support, celebrate, move, learn, be cradled - all as a part of a safe, compassionate, and supportive group. The fee is \$15 per evening, and your first visit is free!

On other Thursday evenings each month, ALC will offer a seminar series on topics related to living an authentic life. Like the process group, the seminars are from 6:30 to about 9:00 pm and there is a \$15 fee. We are very excited to announce our first two seminars of the new year:

### January 30<sup>th</sup> Seminar: *Exploring Spirit in the Here and Now*

Our guest speaker, Bonny Mathe-Helms, MA, will give attendees the opportunity to “explore the miracle of the present moment and experience for themselves the *holy instant*.” Many of us spend much of our energy on regret and anger for the past or on doing and striving for the future. Connection to Spirit, no matter what your spiritual background or current belief, is experienced right **now**, in the present. This experiential seminar is a wonderful way to start the new year by touching and deepening your connection with Spirit and having a chance to share that experience in a safe and nurturing place.

Bonny is a gifted and experienced teacher, facilitator, and counselor who created and facilitated her own intensive training series for women for the last 4 years. Before this, she was co-facilitator of Next Level Intensive for three years. Bonny combines her years of therapeutic work with her studies in metaphysics and Tibetan Buddhism to create a truly unique approach to personal growth.

### February 27<sup>th</sup> Seminar: *If You Move It, It Will Change*

Bring an issue or challenge to this workshop and experience what happens when you put your psyche in motion through the simple but powerful act of moving your body. Through rhythmic motion and dance (don't let that word scare you!), we are able to release old patterns, negative conditioning and limiting beliefs. Utilizing Gabrielle Roth's 5 Rhythms™ practice, we turn our wounds into healing, our pain into compassion, and our fears into creativity. Come dressed for movement with soft-soled shoes or go barefoot and don't forget your issues!

The facilitator, Betty Vosters-Kemp of **A Moving Experience**, has studied this movement work for 10 years and is certified by Gabrielle Roth as a 5 Rhythms™ Teacher. Betty creates a safe place for us to move our bodies so we may empty our minds, open our hearts and reconnect with our souls.

### January 23<sup>rd</sup>: Coach Training Begins!

Yet another Thursday of each month will be devoted to on-going training of people interested in being a volunteer coach for our Authentic Leadership Trainings. Like all of the other Thursday evening events, this monthly night of coach skill-building will take place at the Fair Oaks Grange from 6:30 to 9:00 pm. Offered free of charge, these training evenings are facilitated by the leaders of ALC and mix lectures, group interaction, and role-playing to increase knowledge skills in theories of change, listening, coaching, facilitation, conflict management, and more. Also, remember the all-day coach training on Feb 22<sup>nd</sup>. Please call us at (916) 481-4252 or email us at [info@AuthenticLeadershipCenter.com](mailto:info@AuthenticLeadershipCenter.com) if you have plan on attending the all-day event.



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:

P. O. Box 660758  
Sacramento CA 95866  
(916) 481-4252

[www.AuthenticLeadershipCenter.com](http://www.AuthenticLeadershipCenter.com)

Book reviews will be a regular feature in the Authentic News. We would like to hear from you about any books that you have found to be helpful, moving, inspiring, or just plain fun. Please email suggestions with title, author and a one or two sentence recommendation to [info@AuthenticLeadershipCenter.com](mailto:info@AuthenticLeadershipCenter.com). In addition to the reviews in Authentic News, a new section on the ALC website will include an extensive list of books.

**Crossing the Unknown Sea, Work as a Pilgrimage of Identity,**  
David Whyte, Riverhead Books, 2001.

David Whyte is a poet, although he did not set out to pursue this as a career. From biologist to founder and president of a nonprofit organization, adventurer to husband and father, his life has been an unfolding of challenges and dreams. In his current book, he provides a lyrical and poetic description his own voyage and odyssey in the pursuit of his calling, and in doing so, gives us, the readers insight, inspiration and hope for own personal voyages. Whyte’s view on our chosen occupations is much broader than what we do to make money and is succinctly captured in this excerpt: “The real well-being of our person, is measured by the sense of freedom and spaciousness... In order to continually reimagine ourselves through our work lives, we must have a part of us that belongs to something beyond the status quo. Something as yet hidden, yet be brought to light.”

Whyte continues to unfold throughout the book what has been brought to the light for him, and does so with poetry and flowing prose. I highly recommend this book for all who are seeking more from their work, expanding their concept of how they interact in their world, or who just want immerse themselves in one of the best written, heartfelt treatises on work.

**Tips for Authentic Living**

**Learn to listen** - One of the most effective phrases to learn is “Tell me about that...” When someone comes to you with a problem or a challenge in their lives and you wish to help, ask a simple, open-ended question, and then close your mouth. Your presence and attention to them is the best gift you can give..

**Savor** - Take time to appreciate the people, the sights, the sounds, the feels that move your heart. Where you might have noticed these things in passing, catch yourself as often as you can (make it a game!) and savor the pleasure with a few more moments of your attention..

**Find the good** - Whether you are a parent, partner, boss, catch those around you doing good. Many of us concentrate on catching people “doing it wrong.” Start spending more of your precious time noticing the good those around you are doing.

**Give up your personal story** - While your history is an important aspect of how you have arrived at the here and now, many of us use aspects of our past to justify self-limiting behaviors. Heal and celebrate your past - whatever it is - and let it go; it’s over. Focus on the now and start making a different future.



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to hide. And as you resolve these issues, you will have the opportunity to forgive. As you forgive yourself and others, you experience the deep healing that comes with letting go and stepping into compassion. And finally, end with appreciation and gratitude for all that has happened - whether it be painful or joyful - the bases of continuing authentic happiness.

**Balance and Authentic Happiness**

Our training focuses on bringing your heart, body, mind, and spirit into all areas of your life. This focus involves listening to all parts and then integrating and honoring all of these voices into authentic choice and action. We will work together to help create balance in all you do.

**Coach’s Corner**

**Phil Stahr, Coach Coordinator**

While at Living Authentically on Thursday night I looked around the circle of smiling faces and was reminded of the importance of my new family and the community that we have created. We now have a wonderful opportunity to, once again, expand our family and strengthen our community.

The first of many Authentic Leadership Trainings is going to start in March. I would like to invite anyone interested in volunteering as a **coach**/staffer to attend our Coach Trainings. The first three coach training events will occur on Jan 23<sup>rd</sup>, from 6:30 – 9:00; Feb 22<sup>nd</sup> for

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## 2003 Calendar of Events

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

Jan 2	May 8	Sept 4
Jan 16	May 15	Sept 18
Feb 13	June 5	Oct 2
Feb 20	June 19	Oct 16
Mar 6	July 3	Nov 13
Mar 20	July 17	Nov 20
Apr 10	Aug 7	Dec 4
Apr 17	Aug 21	Dec 18

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

Jan 30	Spirit in the Here and Now	June 12	TBA
Feb 27	If you Move it, It will Change	Sept 11	TBA
May 29	TBA	Oct 30	TBA

### Authentic Leadership Training

	Session 1 (Fri-Sun)	Session 2 (Wed-Sun)
Spring	Mar 14-16	Apr 2-6
Summer	Aug 1-3	Aug 13-17
Fall	Oct 17-19	Nov 5-9

### Coach Training (Thursdays, 6:30 - 9:00 pm except Saturday, Feb 22nd)

Jan 23	July 31
Feb 22 (Intensive - 9:00 am - 4:00 pm)	Aug 28
Mar 27	Sept 25
Apr 24	Oct 23
May 22	Dec 11
June 26	

All activities listed take place at the Fair Oaks Grange

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an all-day training from 9:00 am to 4:00 pm; and March 27<sup>rd</sup>, from 6:30 – 9:00. All will be held at the Fair Oaks Grange. What we have done and what we will do in the future is special. We touch the lives of special people. This is an exciting time for all of us and a dream come true for me. We look forward to seeing you. Phil



P. O. Box 660758  
Sacramento CA 95866  
(916) 481-4252  
[www.AuthenticLeadershipCenter.com](http://www.AuthenticLeadershipCenter.com)