

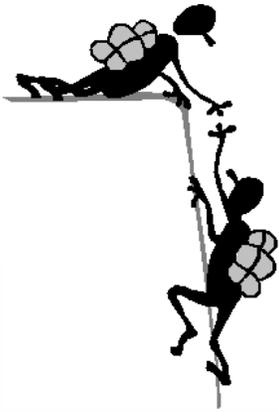
# The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 4, No. 1

Essence In Action

Winter 2005



## Going Deeper

*New advanced workshop for personal excellence*

We are very excited to announce our first advanced training, **Going Deeper**, March 9-13, 2005. This is an opportunity for graduates of Daybreak, NLI (predecessors of ALC), and *Leading from the Center* to address issues at a deeper level or to work on material that has surfaced since your graduation - utilizing many of the same profoundly transformative processes used in the *Leading from the Center* 5-Day session. This training will provide an intensive opportunity for experienced participants to actively define the work they wish to do and how they will do it. The exercises have been adjusted and extended to add depth and difference, as well as take advantage of the personal growth experience of the participants. The ALC leadership team will be the primary coaches for the participants in a relaxed, community-style atmosphere. Specifically, the workshop is designed to help you:

- Extend and enhance the personal work you've already done.
- Identify and change negative core beliefs that still operate in your life.
- Gain greater clarity and reduce ineffective behavior patterns.
- Experience new possibilities and opportunities.
- Experience expert coaching and enhance your own coaching skills.
- Share in a deep experience with a loving and supportive community while maximizing experiential learning in a small group setting.
- Explore your vision for your life.
- Define and experience your gift to the world.

With luck, the workshop will take place in the ALC's new facility in Carmichael on Fair Oaks Blvd. The workshop starts at 6:00 pm on Wednesday, March 9<sup>th</sup> and continues through 6:00 pm Sunday, March 13<sup>th</sup>. In order to keep the costs down, the participants will be responsible for their own lodging. We will provide hotel suggestions upon request.

Tuition is \$750 per person. Space is limited, so register early!

### Quick Notes

#### Celebration

Join us in celebrating the participants of the Jan/Feb 2005 *Leading from the Center* @ 5:30 pm, Sunday, Feb 6th.

#### Charlie Nimovitz in Concert

Charlie Nimovitz will be our very special guest on Thursday evening, Feb 17th, 6:30 - 9:00 pm.

#### New Workshops-register now!

Loving What is: The Work of Byron Katie, February 25-26

Going Deeper, March 9-13

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There's been a whole lot of construction going on! At long last, it looks like we will be in our new facility in Carmichael very soon. We will be inviting you all to an Open House when we know our exact move-in date.

# ALC Monthly Seminar Series Continues:

## February 17<sup>th</sup> Seminar: *Charlie Nimovitz in Concert*

We are truly honored to have Charlie come to our center to sing live for our community. He is an inspiration. We play several of Charlie's songs in our 8-Day training, *Leading from the Center*, as they are wonderful and powerful messages of growth, healing, courage, and vitality. Don't miss this event!

*"Thank you Charlie for the best concert I've ever attended. Thank you for your transparency and allowing us to see your spirit. Your talent, wit and courage make for a very memorable night." RP*

Charlie is a Bay Area singer/songwriter who has performed professionally for over 30 years. He's played piano bars to bar mitzvahs, new thought churches to concerts, where he draws upon a variety of styles and influences for his original music. In the year 2000 he was diagnosed with Parkinson's disease and after a soul searching break has returned to the stage in all his shaky glory!

Charlie will shake-rattle-and-roll as he performs original songs, including the title song of his upcoming CD "Awkward Dance (The Parkinson's Blues)". The wonderfully talented John Hoy will accompany on guitar. Be prepared for laughter, a few tears, and a whole lot of healing going on.

## March 24<sup>th</sup> Seminar: *Planning Your Future*

Karen Arnold and Susan Mason from FutureDecisions will be presenting the seminar, "*Planning Your Future*" on March 24<sup>th</sup>. Are you facing a change from your present work position ... is it a golden handshake, downsizing, or retirement? Or maybe you want to transition to work that fires up your passion and is more satisfying and rewarding? Karen and Susan will interactively discuss how "retirement" has changed and present an experiential exercise designed to help you assess your current state and start the planning of your future. Adults of all ages will gain valuable information for exploring interests and how the interests might translate into other career opportunities, hobbies, and volunteer opportunities.

FutureDecisions has developed innovative, cutting edge tools to assist people facing changes in their life when they transition or "retire" from the job in which they are currently employed. The partners, Karen Arnold and Susan Mason, bring 30 years experience in change management and outplacement.

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

May 20<sup>th</sup>, Friday Evening, 6:00 - 9:30 pm, and May 21<sup>th</sup>, Saturday, 9:00 am to 6:00 pm

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**. This course consistently receives *outstanding* reviews by the couples that attended. The course fee is \$250 per couple, which includes workbooks, class materials, and personal Myer-Briggs reports.

The primary vehicle for this 1½ day exploration is the Myers-Briggs Type Indicator (MBTI), an extremely powerful tool for looking at self and others. Structured couples' dialogues and a variety of experiential exercises help couples understand and use the results of their MBTI scores. You'll gain important insights into the areas of strength in your relationship. In addition, you'll 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 April 16, 2005** in order to provide enough time to process the MBTI assessments.

### Living Authentically in Southern California

The next meeting of ALC graduates and guests in Southern California is February 26<sup>th</sup>, from 2:00 - 5:00 pm. If you're interested, email us for details.

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

### 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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# Loving What Is

Introduction to The Work of Byron Katie

A workshop facilitated by **Bonny Mathe Helms, LMFT**  
with the assistance of **Geri Sullivan**

*I need more money; I'm too fat; My partner doesn't appreciate me; The world's not safe; I hate my boss...etc,* Thoughts and stories like these may run through our minds hundreds of times a day, fostering fear, anger, stress, and depression. How different would your life be if these stories never bothered you again? The Work of Byron Katie is profound yet simple, and a powerful way to deal with our painful thoughts. It can be learned quickly and can change your life forever.

In this workshop, you will learn and practice a process of inquiry called The Work. The Work is simply four questions and a process called "the turnaround." You will leave this workshop with more insight into yourself, more freedom in your relationships, and more joy in your life. AND, you will have the tools to continue the journey.

Who would you be without your story? Come and find out on:

**Date and Time:** Friday evening, Feb. 25<sup>th</sup>, 7-9:30 pm and  
Saturday, Feb. 26<sup>th</sup>, 9-4 pm

**Cost:** \$120 per person or \$200 per couple

Bonny Mathe Helms, M.A. LMFT, and Geri Sullivan graduated from **The School for The Work**, taught by Byron Katie in October, 2004. They bring this experience and their professional and life experience to the service of this workshop. Sponsored by ALC. Register on our website or call

## Workshop Series Starts February 8th

Bonny Mathe Helms and Geri Sullivan will also be facilitating a 16-week *Self-Realization & Integration Series*, featuring The Work of Byron Katie & Eckhart Tolle at the ALC facility beginning February 8th. This series will have a profound impact on the stories you hold about you and the world you impact. It will show you that joy is totally within your reach, within your power, within YOU. Register in advance by contacting **Bonny Mathe Helms** at 916-480-0344 or **Geri Sullivan** at 916-488-7491.



### Tips for Authentic Living

**Never stop learning** - Take a class, read a book, travel - keep your mind open to new ideas and suggestions. This means being willing to be changed.

**Forgive** - Why rent out space in your heart for anger and resentment? Malachy McCourt once said, "Resentment is like taking poison and waiting for the other person to die." Work to let go of the hurts and pain that keep you from greater happiness and peace.

**Learn how to set limits and stick to them** - Set limits around how you will respond to demands from both your work and your personal life to prevent you from over-committing yourself. Plan for the challenges to these limits and decide how you will handle these situations.

Use your workplace's family-friendly policies and supports - If your workplace offers discretion over the methods, timing, or location of your work, use this flexibility to improve your family time, health, and peace of mind.

## Leading from the Center

**Leading from the Center**, our flagship training, is based on the conviction that your outward expression of yourself, and your attitude towards your life, your work and your relationships, is a direct reflection of your internal landscape – your awareness, understanding, and acceptance of yourself and others.

A uniquely personal experience, **Leading from the Center** is an opportunity to identify what works and doesn't work for you – to maximize what does, and reduce what doesn't. It is a personalized, results-oriented program that focuses on authenticity, core-values, and personal choice. Graduates of **Leading from the Center** gain a sense of confidence and clarity that impacts all facets of their lives, improves their relationships and brings greater joy into every day!



Are you curious about **Leading from the Center**, our 8-day, two-session training? Do you know anyone who might benefit from the training? Come to our next Information Night on Tuesday evening, February 22<sup>nd</sup>, from 7:00 to 9:00 pm, and bring a friend!

The night is informative, light, fun, and designed to answer as completely as possible any questions people might have about the training. Everyone is welcome, including graduates! Light refreshments are served.



### Master Calendar of Events

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

January 20th - Laughter	March 31st - Listening
January 27th - Retelling the Story	April 21st - Do-over's
February 10th - Love	May 5th - Play
February 24th - The Truth Within	May 19th - Trust
March 17th - Creativity	June 2nd - Confidence

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

Feb 17	<i>Charlie Nimovitz in Concert</i>	Charlie Nimovitz
Mar 24	<i>Planning Your Future</i>	Karen Arnold & Susan Mason
May 12	<i>A Moving Experience</i>	Betty Vosters-Kemp

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

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

#### Workshops

Feb 25-26 - **Loving What Is: Intro to Byron Katie** - Fri evening - all day Sat  
 Mar 9-13 - **Advanced Workshop: Going Deeper** - Wed evening - Sun evening  
 May 20-21 - **Couples Workshop** - Fri evening, all day Sat  
 June 11 - **Authentic Happiness** - all day Sat  
 Sept 17-18, 2005 - **Forgiveness** - Fri evening, all day Sat

### The Leadership Team

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