

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Essence In Action

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Developing the Nurturer

Challenging Old Beliefs

Much of the work we do at the Authentic Leadership Center is directed towards changing the negative ways we think about ourselves. These “negative core beliefs” can hold us back from achieving the success, balance, and happiness we seek in our lives. These beliefs come in many different flavors: Never Good Enough, Invisible, Unlovable, Unworthy, to name a few. These beliefs may be masked by adaptive behaviors like workaholicism, talking too much, never trusting, always competing, addiction, promiscuity, etc. Such

adaptive behaviors can be very difficult to change unless the underlying negative core belief is challenged and changed as well. For instance, “Never Good Enough” might drive me to seek perfection, discount every achievement I make, and fear any criticism. It will be very difficult to let up on my perfectionism, celebrate my successes, or accept criticism with grace and dignity as long as I feel like I don’t measure up.

One of the most important ways of changing this limiting dynamic is the development of a strong, legitimate, and assertive inner voice we call **The Nurturer**. This is the part of us that is compassionate, strong, and patient. This part believes we are unbroken, lovable, and capable. For many of us, this voice may start out very small and may even seem non-existent. A simple way to access this voice is to think of a child whom you love and cherish. This child might be yours, a relative’s, or a friend’s. Notice while you think of this child how your heart feels: it is probably softer, more accepting, and more gentle than a moment ago. Being able to turn this energy towards self is a very important step towards happiness and peace.

How is this done? There are several ways to begin “exercising” and strengthening your Nurturer. This analogy of exercising is apt: at first, using the Nurturing voice towards yourself might seem awkward and feel weak and silly. With practice, it will seem more natural and strong. A very good way to begin to develop your Nurturer is to keep a gratitude journal: every day write about what you are grateful for. While you are at it, you can include entries on “What’s good about me.” Another very powerful tool for building the Nurturer is to create an affirmation - an active, positive, and true statement about you (go to our website’s resources page for instructions on creating an affirmation). Another simple, but perhaps challenging way to nurture yourself is changing the way you respond to compliments and praise. Come up with a response that graciously accepts these positive statements and acknowledges the gift that was given to you. A statement as simple as, “Thank you! That makes me feel great!” might do the trick. Remember: anything you try that’s different is liable to feel a bit awkward at first. Keep at it and you will notice a shift in those old negative beliefs.

Quick Notes

Celebrations

Join us in celebrating the participants of the Jan/Feb 2006 *Leading from the Center* @ 5:30 pm, Sundays, Jan 22 and Feb 12.

Couple’s Workshop - April 28-29

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. **Details pg. 3**

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ALC Seminar Series Continues...

February 23rd Seminar: *The Work of Bryon Katie*



Bonny Mathe Helms

Hear about “the Work” of Byron Katie through the eyes and ears of Bonny Mathe Helms and how this wondrous inquiry process can help you connect with the Nurturing Adult in you and reveal the innocence you have always had. Bonny has incorporated “the Work” of Byron Katie into her private practice to lovingly assist her clients in their efforts to break through their negative core beliefs and to step into the Light of the present moment.

Bonny Mathe Helms is a Licensed Marriage and Family Therapist and a coach for the Authentic Leadership Center.

Drumming Nights!

After the wonderful response we had to Drumming at *Living Authentically*, we have scheduled more for the coming months. Anyone interested is invited to join us on Friday nights, Feb 3, Mar 3, and Apr 4 from 6:30 - 9:00pm, for an evening of spiritual connection through drumming and community. If interested in helping with this, please contact Phil at 916-812-3726 or pheonix@jps.net

March 23rd Seminar: *Moving from Drama to Choice*



Elizabeth Bell

As wonderful human beings, we often find ourselves taking on roles that create great drama in our lives through blaming others, wanting our way or enabling dependent behavior. This session, facilitated by Elizabeth Bell, will present a model that illustrates what happens when we act out of drama and examines the steps that can move us into conscious choice making. The session will be interactive as well as allow for reflection and personal work.

Elizabeth Bell, M.S., D.N.S. is founder and co-owner of EDGE Consulting. As a consultant for the past 15 years, Elizabeth has specialized in facilitating and coaching leaders and teams in creating community in the workplace. She uses processes that support authentic communication, healing relationships and conscious decision making which in turn enhance personal ownership, meaning and joy.

A COUPLES' DIALOGUE: Growing Yourself, Growing Your Relationship

April 28, Friday Evening, 6:00 - 9:30 pm, and April 29, Saturday, 9:00 am to 6:00 pm



Patrick & Elizabeth Bell

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 \$300 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 March 28th** 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 will be Sunday, March 5th. If you're interested, email or call 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.

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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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Book Review: *Finding Your Own North Star* by Martha Beck

Martha Beck, well known and widely respected life coach, has written an enticing book on how to connect with your essential self - you know, that part of you that jumps up in the morning and is excited about the day - and how to live on your true path or North Star. Beck describes the many ways our 'essential self' says "no" when we are heading away from our North Star.

In a series of real life examples, Beck talks about how our 'essential self' says "no" - in ways she describes as *energy crisis*, *sickness*, *forgetting*, *bundles of blunders*, *social suicide* - all used by our essential self to get our attention and redirect our course. She also writes about how our 'essential self' can say "yes" - *health*, *emotional intelligence*, *magnetic attraction*, *natural high* - when we are moving in the direction of our North Star. Beck presents very practical and usable methods for reading our own emotional compasses and using this information to help direct our lives.

The last third of the book is how to navigate change in our lives. She describes a cycle of change and how to move through each stage minimizing the chaos. This is not to say she doesn't recognize the turmoil and challenges of change, but rather her approach is to encourage our own education on the pitfalls and how to navigate through them.

This is a wonderfully written book, full of real life examples from Beck's life and her clients, which help us all know our 'essential self' and guide us toward our own North Star.



Movie Night!

Join us Saturday night, **March 11th**, for an evening of popcorn, snacks, and movies. Bring your comfy clothes, blankies, and friends! Keep an eye out for details in our eNotes or the website. If you have suggestions for movies, email them to us!

Tips for Authentic Living

It's a new year with new possibilities. Did the last three months leave you stressed and feeling burned out? If so, you're not alone. Here are some tips to help relieve the post-holiday stress:

Reframe what's happening - I'm in the slowest line in the grocery store. I'll read all the magazine headlines and see what's happening in the world.

Practice random acts of kindness - Research has shown that the more kind acts people choose to do, the happier they are. It is a choice.

Watch a funny movie - Laughter is a wonderful cure for depression, anxiety, and stress. Take time to laugh.

Write in a gratitude journal - Exercise that muscle and put energy into what you have... not what you don't.

Spend time doing what you love - If just for a few minutes every day, do (or be) something you have passion about.



Coaches'

Corner

The beginning of the new year is always an exciting time at ALC as we appreciate the people and events of the year before and anticipate what the next year holds. Because many of our graduates have expressed an interest in coaching, we decided to start off 2006 with a coach training focusing on basics. What truths do we hold in regard to personal transformation? What theories do we work with and what are the intent and goals of the exercises in our **Leading from the Center** training?

Recently, while reading the Four Agreements, by Don Miguel Ruiz, it stuck me that these four agreements answer a question often asked by new coaches - what do we expect of our coaches? Simply . . .

- " Be impeccable with your word
 - " Don't take anything personally
 - " Don't make assumptions
 - " Always do your best
- This works in life as well as it works in coaching!



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.

Join us Monday evening, **February 27th**, from 7:00 to 9:00 pm, for an informal evening designed to answer your questions and help you determine if **Leading from the Center** is for you!



Master Calendar of Events

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

January 5th - Retelling the Story	March 16th - Change
January 26th - The Observing Ego	March 30th - Ways of Knowing
February 2nd - Voices in the Attic	April 13th - Creativity
February 16th - Inner Wisdom	April 27th - Living in the Present
March 2nd - Play	May 11th - Happiness

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

Feb 23	<i>The Work of Byron Katie</i>	Bonny Mathe Helms
Mar 23	<i>Moving from Drama to Choice</i>	Elizabeth Bell
May 18	<i>Playing in the Mud</i>	Deborah Kane

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

	Session 1	&	Session 2	Celebrations (5:30 pm)	
Winter 2005	Jan 20-22	&	Feb 8-12	Jan 22	Feb 12
Spring 2005	Apr 7-9	&	May 3-May 7	Apr 9	May 7
Summer 2005	Aug 4-6	&	Aug 23-27	Aug 6	Aug 27
Fall 2005	Oct 27-29	&	Nov 15-19	Oct 29	Nov 19

Workshops

April 28-29 - **Couples Workshop** - Friday evening, all day Sat
 June 7-11 - **Advanced Workshop: Going Deeper** - Wed evening - Sun evening

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