

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Your Essence In Action

Winter 2008



Counting Your Blessings . .

If the only prayer you say in your life is thank you, that would suffice.

~ Meister Eckhart

We've all heard the saying "count your blessings." Though it's the perfect time of the year for this, at the Authentic Leadership Center, practicing gratitude is a year-round activity. Our workshops and trainings intentionally include activities to "build our gratitude muscle." Why? Well, what we've known intuitively and felt personally, has recently been the subject of scientific inquiry - with exciting results.

Dr. Michael McCollough, of Southern Methodist University in Dallas, Texas and Dr. Robert Emmons, of the University of California at Davis, California recently completed the Research Project on Gratitude and Thankfulness: Dimensions and Perspective of Gratitude. Drs. McCollough and Emmons describe gratitude as the "forgotten factor" in happiness research.

Their project revealed that people who engaged in regular gratitude exercises had higher levels of alertness, optimism, enthusiasm, energy, determination and life satisfaction. They also experienced less depression and stress, were more likely to exercise regularly and make more progress toward personal goals.

Further, grateful individuals placed less importance on material possessions and were less likely to judge their own success or that of others based on financial status, were less envious of wealth and more likely to share their possessions with others than less grateful persons. The study also revealed that people who feel grateful are more likely to report feeling loved. It is a vicious cycle - a vicious **positive** cycle, that builds on itself.

At ALC, our **Leading from the Center** training weaves elements of gratitude and appreciation throughout the eight days, each exercise building on earlier ones. We end every day - and every ALC activity - with a personal expression of gratitude, knowing that in order to connect with this powerful part of ourselves and help it to grow, we must explore it and express it.

Graduates of our programs frequently cite being more accepting of self and others, and feeling more joy, hope and peace. We've watched this happen training after training, participant after participant. Now there is the science to back it up.

So, to increase your overall sense of well-being, count your blessings!

Quick Notes

End of Year Celebration

Join us for fun, food, and connection,
Dec 27th, 6:30 - 9:00 pm

Workshop: *Going Deeper*

Our next advanced workshop, *Going Deeper*, is being offered January 9-13.

Details pg. 2

Seminars: *Celebrate Life!*

ALC brings a wonderful evening with an award winning film and thoughtful, uplifting exercises.

Details pg. 2

What's Inside...

- Workshops & Seminars 2
- Growing & Changing 3
- Tips for Authentic Living 3
- Info Night 3
- Master Calendar 4
- ALC Management Team 4

Upcoming ALC Seminars and Workshops

Going Deeper - Advanced Workshop - January 9 - 13, 2008

We are very excited about our advanced training, Going Deeper, coming up January 9th - 13th. This is an 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 your graduation - utilizing many of the same profoundly transformative processes used in the *Leading from the Center*. This training is an intensive opportunity for experienced participants to actively define the work they wish to do and how they will do it. The workshop utilizes many of the concepts from Wayne Muller's book: **How Then Shall We Live** that asks and examines four basic questions:



Going Deeper Group #3

What People Say about Going Deeper

I loved it – it far exceeded my expectations, which is pretty difficult to do! ~AG

I got more than I ever bargained for. I came into this training with fear that I couldn't do it due to one of my core beliefs and was so relieved and surprised how easy it was to go deeper. ~VE

I got way more than I expected. I started on one path which led me to somewhere that was totally unexpected. ~DM

I got more than I came for. I wanted to get a push into my professional life and "come out" as a person dedicated to my spiritual pursuits. I got all that and more.... a huge sense of Who I AM and the blessing of having it witnessed.

- Who am I?
- What do I love?
- How shall I live, knowing I will die?
- What is my gift to the world?

Each participant will examine the answers to these questions in a very unique and personal way.

The ALC leadership team will be the primary coaches for the participants in a relaxed, community-style atmosphere. The workshop will take place in the ALC's center in Carmichael. The workshop starts at 6:00 pm on Wednesday, January 9th and continues through 6:00 pm Sunday, January 13th. 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 \$995 per person. Space is limited, so register ASAP!

Celebrate Life!

January 24th - *Looking for the Possibilities*

May 8th - *Being Your Best for the World*

Please join us at ALC for a continuing celebration and discussion about what is right with the world. To begin each evening, we will show the award winning DVD, **Celebrate What's Right With the World** by noted National Geographic photographer, Dewitt Jones, and then have discussion and activities around the evening's theme.

Celebrate What's Right With The World teaches what a powerful force having a vision of possibilities can be for you. Do you have a vision for your organization? More importantly, do you have one for yourself? One that gets you excited every morning and keeps you open to opportunities? Stunning photography and powerful dialogue also help us see how we can approach our lives with celebration, confidence and grace.

These wonderful seminars will be on Thursday evenings, January 24th and May 8th. The cost for each evening is \$15 per person.

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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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Growing and Changing into the New Year by Debbie Oudiz

Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. ~ Margaret Mead

Many of you have seen this quote before, either at ALC and other places. When ALC was created, our vision was and still is that we are committed to changing the world and this change occurs through the commitment of our community. ALC exists because we are a community and exists to meet the needs of our community. So, it should come as no surprise that we are in the process of contemplating and evaluating the ALC organization and how we function. The only way we could effectively be in this discussion is to do it *with* our community - that's you. We have been seeking input from our highly valued community and we're sorting out how to grow and improve ALC. The following are several areas we are investigating and inviting discussions:

Messaging - How do we continue to talk about what happens at ALC? How do we reach people with a message that speaks to them in simple and broad based language? Do our marketing materials need to be updated? If so, how?

Advising - Should we form an Advisory Board? an Executive Board? How would this board support the mission of ALC? What would be the charge of a board? How can we at ALC best coordinate with and utilize a board?

Technology - How can we use various technologies to communicate and create connection in the community, aid in marketing and outreach? What technologies have we not utilized or utilized well? How can we incorporate current technology in ways that will further our mission?

Larger Marketing & Networking -How do we create larger venues for marketing? Is it possible to target coaches, therapists, educational institutions, other support groups?

Community Engagement - How can we increase interaction within our community and create more opportunities? Are there ways we can provide avenues for community members to engage in their passion and stretch into fuller lives? What are new ways to be outside the box?

We at ALC are engaged in these discussions and many more that will develop and be created with you, our community. We welcome all ideas, input, free thinking, and loving support. We'd love to hear from you. ALC, like the world we strive to change and make better, is also growing, changing, and becoming better.

Let your free child out and give yourself permission to play. This is not a new idea. As you can see from the quotes below, the idea of playing does not belong to just this century!

"In every real man/woman, a child is hidden that wants to play." ~ *Friedrich Nietzsche*

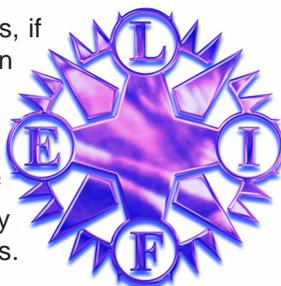
"If you obey all the rules, you miss all the fun." ~ *Katherine Hepburn*

"Today was good. Today was fun. Tomorrow is another one." ~ *Dr. Seuss*

"I'm going to tap dance until I can't" ~ *Gregory Hines*

"You don't stop laughing because you grow old; you grow old because you stop laughing." ~ *Michael Pritchard*

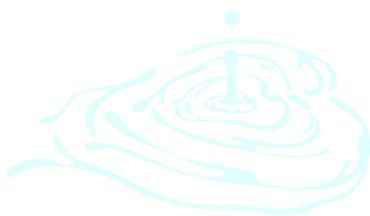
So as the new year approaches, if you don't let your free child out often .. give yourself permission to play. If you sit quietly and ask, you'll get some answers and directions as to what he/she might want to do. And if you're still stumped, ask a child. They can usually help you fill in the blanks.



Information Evening

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, **January 7th** 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 - 8:30 pm \$15/person, \$25/couple)

Dec 27th End of Year Celebration

Jan 17 th	Apr 10 th
Feb 14 th	Apr 24 th
Feb 28 th	May 22 nd
Mar 13 th	May 29 th
Mar 27 th	Jun 12 th

Seminars

Jan 24 th	<i>Celebrate Life! - Possibilities</i>	6:30 - 9:00 pm	\$15/person
May 8 th	<i>Celebrate Life! - Being Your Best</i>	6:30 - 9:00 pm	\$15/person

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Winter '08	Feb 1 - 3		Feb 20 - 24
Spring '08	Apr 18 - 20		Apr 30 - May 4
Summer '08	July 25 - 27		Aug 13 - 17
Fall '08	Oct 17 - 19		Nov 5 - 9

Workshop

Jan 9-13, 2008 - **Going Deeper** - Advanced Workshop - Wed evening - Sun

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