

The

AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 8, No. 1

Your Essence In Action

Winter 2009

魔术
Magic

The Magic Laboratory

by Chris Mathe

Often, when referring to changes that take place in the eight days of **Leading from the Center**, participants, coaches, and facilitators alike speak of the magic that seems to permeate the training room allowing for profound shifts that consistently outpace the expectations of all those present.

In my view, the magic is what happens when we are able to combine profound safety, accessible and robust models, the unconditional positive regard and expertise of the coaches and facilitators, and the willingness of the participants. This is the crucible, the laboratory, within which people bring their desire for change, their pain, their joy, their stories, and gradually, their trust. These are very powerful ingredients indeed. Truly, we cannot predict what will happen when they are mixed in this laboratory. What it seems like is... magic.

Another aspect of this living laboratory is the ability to watch oneself interact in a group and try out new behaviors. This uniquely focused and safe environment allows people to let down the various ways they protect themselves and actually experience what it feels like to be truly seen, heard, and accepted. They get to test new ways of thinking, feeling, and acting from a bigger, more complete vision of themselves. They get to examine how they effect others, experience a wider set of choices, and, ultimately, they find out how to lead themselves from a place of self-acceptance and confidence.

What happens when a person who works all the time finds peace in the moment? When the tough guy finds the power of his heart? When the avoider finds their purpose and their strength? When the angry find the calm compassion of forgiveness? When people find, at a very deep and fundamental level, that they have never been broken and they are much bigger than they ever dared dream? What happens when they not only think these new things, but actually *feel* their truth? ... magic.

As I look over what I have written, I note again just how challenging it can be to describe in words what is fundamentally a powerful internal experience. We invite anyone who is interested in learning more about the experience of **Leading from the Center** to check out the video testimonials on our website, come to a **Leading from the Center** Information night, or join us at a celebration and listen to graduates tell about their experiences. The next celebration is Sunday, February 8th at 5:30 pm at our center in Gold River. Come experience the magic!

"Magic is believing in yourself. If you can do that, you can make anything happen." ~ Johann Wolfgang von Goethe

Quick Notes

Monthly Communications

Practice Group - Lou Zweier runs these monthly practice groups. Next group is February 21st. **Details pg. 2**

Going Deeper Advanced

Workshop Wednesday evening thru Sunday, April 22 - 26, 2008. **Details pg. 2**

What's Inside...

- ALC Activities 2
- Tips for Authentic Living 3
- Walkabout 3
- Coaches Corner 3
- Master Calendar 4
- ALC Management Team 4

Upcoming ALC Activities

Going Deeper - Advanced Workshop - April 22 - 26, 2009

Going Deeper 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 graduation - utilizing many of the same profoundly transformative processes used in *Leading from the Center*. Held in a relaxed, community-style atmosphere, and under the guidance and coaching of the ALC Leadership team, experienced participants have the very personal opportunity to actively define the work they wish to do and how they will do it.

The workshop utilizes concepts from Wayne Muller's book: ***How Then Shall We Live***, which asks and examines four basic questions:

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

This workshop starts at 6:00 pm on Wednesday, April 22nd and continues through 6:00 pm Sunday, April 26th.

Participants are responsible for their own lodging. Tuition is \$995 per person.

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. Not much more could be asked for. ~BMH

Monthly Communication Skills Practice Group

Saturdays, February 21st, March 21st, April 18th, June 13th - 1:00 - 4:00 pm

Join with others in deepening your understanding and sharpening your skills with the ALC or NVC communication models to improve your relationships. Participants will learn from working with their life situations in a facilitated group setting. Bring your challenges from workplace, relationships, parenting, etc. The tuition is \$15 per person per session.

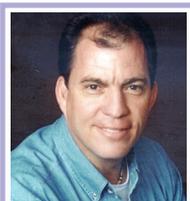
Facilitated by Lou Zweier, ALC Management Team member and Compassionate Communication Workshop Leader. Graduates of *Leading from the Center* or *Compassionate Communication* workshops and anyone familiar with NVC are welcome to attend. Bring along someone you love!. Contact Lou @ 707-364-7907 or lou.zweier@gmail.com if you are interested.



Lou Zweier

ALC Men's Group

1st & 3rd Tuesdays each month, 7:00 - 9:00 pm



Chris Mathe

Chris Mathe hosts an on-going men's group on the 1st and 3rd Tuesday evenings of every month. The group is open to any men who wish to meet regularly with other men to examine what it means to be a man in today's society. Chris facilitates very lightly and lets the group decide how it will run and the specific topics they will examine together. The fee is \$180 for six months or \$20 per night. Questions? Call or email Chris (back page). Or, just show up!

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:

11344 Coloma Road, Suite 435
Gold River CA 95670-4457

info@AuthenticLeadershipCenter.com

Walkabout By Mike "Cowboy" Mudge

I left on a personal quest a while back and I wasn't really sure where I was headed. Something told me it was going to be alright so I kept walking until I found a trail. I looked down it but couldn't see far since the leaves and branches swallowed it up. My first step was timid and the sounds around me were new and frightening. I thought about turning around and running back out but something made me push on.

I came to a break in the woods, to a clearing, where four other people were standing. They turned to look at me and I saw question in their eyes. I had no answers for them, only the return of my own questioning stare. We had all arrived at the same place from different trails and when we looked back to retrace our steps, our paths were gone. We found that we had no place to go except to follow the trail in front of us.

We walked through green fields, burning hot lava, hurricanes and quicksand. If one tripped or fell they were helped up by the others. If someone got lost we all went to find them and get back to the path. Fear and love was everywhere like butterflies and yellow jackets. It was prickly but soft; painful but healing; draining but filling.

We walked for miles and became familiar with one another. We found that we could depend on the one or the whole. We grew stronger the longer we were together and our balance became solid with structure instead of the slippery unsteady feet we walked with when we first met.

After many days of walking we came to a huge gate. We couldn't see past it, over it or around it but we had a decision to make. Do we push through it or go back? What's on the other side?

We leaned on the gate prepared to struggle our hardest to push it open but when we laid our hands upon it together, it swung gently open. We stepped through and saw.....

We looked at each other for a moment and embraced. I turned to look at where I was again and when I looked back to my comrades they were gone. I scanned the horizon and could see them in the distance, all walking separate directions. As I watched them fade I noticed one remarkable thing about each of them and when I looked down I saw it complete. I saw my own shadow surrounded by four lighter ones. I knew then that they would always be with me and I

Coaches'

Corner

Each participant in the **Leading from the Center** training has two personal coaches that support their work through the eight days of the training. These coaches are **Leading from the Center** graduates and volunteer their time - not only for the 8 days of the training itself, but for many coach training sessions as well. Coaching at ALC is a labor of love and a reflection of our coaches' commitment to change the world through the work we do!

In 2009, our quarterly coach trainings will continue to focus on building skills for facilitating scene work and for linking negative core beliefs with the behaviors and patterns that develop from those beliefs. We will also focus this year on mentoring and teaming skills - as coaching in teams requires it's own set of competencies! If you are a **Leading from the Center** graduate interested in coaching, plan to attend our upcoming coach trainings on Saturday mornings, March 21 and June 13.

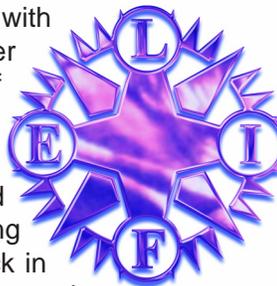
Tips for Authentic Living

u. As we begin 2009, many of us are faced with challenges and issues that we have never experienced before. How can I take care of myself and reduce my stress and tension?

Seek Inner Stillness: Meditation can set the tone for a peaceful, loving, energized and productive day. It's as simple as setting aside a few minutes each morning to check in with yourself, breathing slowly, feeling your tension melt away. Start with 5 minutes and gradually build up each day.

Do One Thing: Rather than stress over the myriad of things to be done each day, break it down and focus on just one thing..

Count your Reasons to Smile: Practice gratitude each day. Whether it's done mentally, or by using a gratitude journal, take note of the things you are grateful for and count your many blessings. You can always refer to it later when you need a lift.

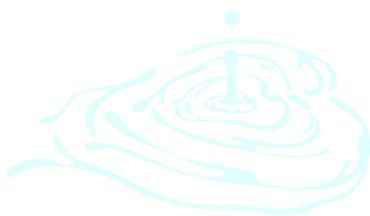


Save the Dates!!

Information Evening for
Leading from the Center

Monday, March 2nd
7 - 9 pm

Going Deeper
April 22nd - 26th, 2009



If you wish to be removed from the ALC mailing list, send a message to info@AuthenticLeadershipCenter.com

Master Calendar of Events

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

January 8 th & 22 nd	February 12 th & 26 th	March 12 th & 26 th
April 16 th & 30 th	May 21 st	June 4 th & 18 th
July 2 nd & 23 rd	August 13 th & 27 th	September 10 th & 24 th
October 1 st & 22 nd	November 12 th	December 3 rd & 17 th

Seminars and Workshops

Apr 22-26, 2009 *Going Deeper*; Wed evening -Sunday evening

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Winter '09	Jan 16 - 18	&	Feb 4 - 8
Spring '09	Apr 3 - 5	&	Apr 22 - 26
Summer '09	July 17 - 19	&	Aug 5 - 9
Fall '09	Oct 16 - 18	&	Nov 4 - 8

Events and Gatherings - check the website for details

Information Night - Monday evening, March 2nd, 7 - 9 pm

Men's Group - 1st & 3rd Tuesday nights each month - 7:00 - 9:00 pm

Communications Practice Group - one Saturday/month - 1:00 - 4:00 pm

The Management Team

Maril Cardwell 916-838-1321
maril@authenticleadershipcenter.com

Chris Mathe 916-709-1170
chris@authenticleadershipcenter.com

Gayle Mathe 916-709-9233
gayle@authenticleadershipcenter.com

Debbie Oudiz 916-804-6647
debbie@authenticleadershipcenter.com

Phil Stahr 916-812-3726
phil@authenticleadershipcenter.com

Lou Zweier 707-364-7907
lou@authenticleadershipcenter.com