

# AUTHENTIC LEADERSHIP

C E N T E R

## Thoughts on Authenticity

### Webster's Definition of "Authentic" - Not false or copied; genuine; real.

*Authenticity: honest expression of one's needs and feelings, with attention to possible impact on the other person and on the relationship.*  
*Anonymous*

### Authenticity is:

- Identifying and expressing genuine feelings – expressing feelings honestly gives others permission to identify their own feelings and move through them in a rational, mature way.
- Trusting the world is abundant with gifts and expressing gratitude for these gifts regularly.
- Welcoming every opportunity to increase the awareness of self and one's effect on others.
- Evolving and being willing to intimately express who we are and what we believe. It is our essence in action.
- Acting from a deep sense of purpose and meaning that generates impeccable integrity.
- Risking having real conversations.
- Facing our fear and having the courage to move through the fear to a deeper truth and power.  
*~Chris Mathe*

Authenticity is the building-block or the beginning point for true leadership, expression, and self-fulfillment. Authenticity requires a perspective that looks first at the inside and then expresses outwardly, a dedication to personal mastery, and a commitment to ever increasing consciousness. The sum total is the movement toward the integral being.

Integral beings experience a life of oneness with themselves and their universe. They act from the wholeness of this experience. There is harmony and unique synchronicity between their beliefs and actions. *~Debashis Chatterjee (Leading Consciously)*

"What is REAL?" the Rabbit asked the Skin Horse one day. "Does it mean having things that buzz inside you and a stick-out handle?"

"Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, you become Real. Generally, by the time you are Real, most of your hair has been loved off, and you get very shabby."

"I suppose you are Real?" said the Rabbit.

"The Boy's uncle made me Real many years ago," said the Skin Horse. "Once you are Real, it lasts for always."

The Rabbit sighed. He thought it would be a long time before this magic called Real happened to him.  
*Margery Williams (The Velveteen Rabbit)*

