

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 9, No. 3

Your Essence In Action

Fall 2010

What is Your Life Worth?



Often, when we are discussing our **Leading from the Center** training with potential participants, the reaction to the \$2,495 tuition is, "Wow, that's a lot of money!" In this economy, such an amount seems especially large. With scholarships and flexible terms, we can lessen the impact when it poses an economic challenge, but ultimately, all of our participants must weigh the cost of the tuition against the benefits received. How does one make such a calculation?

Each of our participants benefit in different ways, depending on the goals they come into the training with. Common goals are to change negative patterns in their lives, increase their ability to feel and sustain happiness, view themselves with much more compassion and respect, and create and nurture better and more fulfilling relationships, to name a few. With very few exceptions, our participants report they receive much more than they come to the training for. Are these benefits worth \$2,495?

Let's put this amount in perspective. Many of us spend money on things that, while perhaps not necessary, are things we desire. \$2,500 would get you about two years worth of daily visits to Starbucks. It would also get a pretty good 60" flat screen TV. Or, it could buy a decent stationary exercise bike. It could buy a very used car or serve as a down payment on a better one. If you are into competitive activities, many of us spend much more than \$2,500 on the equipment and paraphernalia of our chosen sport. What's different about spending this amount on our training? The happiness and joy it creates is lasting and effects all aspects of one's life - not very many purchases have such far-reaching benefits.

Another way to compare the costs and benefits of **Leading from the Center** is to consider what other "growth" activities might cost. The training consists of over 150 total hours of individual and small group coaching by trained coaches and expert facilitators. The cost of 150 hours of life coaching or counseling would range between \$11,000 and \$15,000. The cost of 150 hours of executive coaching would be \$16,500 and higher. 150 hours of coaching or counseling would take about three years of weekly meetings while the training and its follow up support meetings are concentrated over three months.

Instead of looking at the training tuition as a debt or a cost, we encourage our participants to consider the tuition as an investment in themselves. One puts money into an investment with the expectation that it will pay off in the future. That is exactly what happens in the training. For the cost of the tuition, our participants report experiencing positive changes that will effect them for the rest of their lives.... Unlike a daily mocha, a TV, a vacation, or a car.

Visit our testimonials page on our website to see what our graduates say.

Quick Notes

Leading from the Center - The next life-changing workshop is Jan 14 - 16 and Jan 26 - 30.

Compassionate Communications Workshop - Deepen your communication skill. Feb 4 - 6. **pg 2.**

Information Night - Join us a bring a friend to learn and share about our flagship training, **Leading from the Center** on December 6th.

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The Flow of Life by Lou Zweier



With the end of the year approaching and the holiday season just ahead, I am reflecting on the importance of my relationships and their role in my satisfaction with life. At home, at work, and in community, my connections with others are the threads that make up a fabric that holds me, warms me, and helps me understand myself. Through my relationships, a flow of giving and receiving moves back and forth contributing to my feeling of being alive.

The older I get, the more I am aware that at every moment I am engaged in an act of giving or receiving of some kind. It might be sleeping in on a weekend morning, making breakfast for my family, cleaning out the garage, being listened to by an old friend, celebrating the end of a person's life, or just sitting quietly by myself. In each of these acts I am giver one moment and receiver the next. In this flow I am aware that what I am really after is understanding, community, harmony, clarity, meaning, and knowing that I matter. All these can be communicated with words, looks, gestures, touch, or simple presence. Each a gift to give or receive.

This gift of the flow in my relationships is made even more precious to me by the memory of painful interactions in my life. At work, at home, and in community I am aware that I experience the pain of disconnection too. The pain of not being heard for my intention, or for what is important to me; the disconnection created by my judgements of others, or judgements of myself. This pain is an important gift too because it shows me where I want to grow, where I have something new to learn. Can I find a way to open my heart in these situations to others and to myself with love and compassion?

We hope you will join with us at ALC this holiday season to give and receive in the flow of relationship. We look forward to being in the flow with you.

Compassionate Communications Workshop

Friday evening, February 4th, 6:30 to 9:00 pm

Saturday, February 5th, 9:00 am - 4:30 pm

Sunday, February 6th, Individual/Couple practice sessions

Compassionate Communication is a powerful process that can help you create the relationships you want in your life. Compassionate Communication utilizes the principles of Non-Violent Communication™ to create understanding and compassion for self and others. Develop your skill for honestly expressing what is important to you, and for empathically receiving what is important to others. Use this process to create connection with others from which shared problem solving becomes possible. In this day and a half workshop you will learn the basics of Compassionate Communication and practice them with others.

Lou Zweier has designed this workshop so that whether you are a beginner, or already have some experience with the material, you can deepen your understanding and skill – getting more of what you want from your relationships. Learn more and register by going to the ALC homepage and clicking on “Compassionate Communications” under “What’s New.”

Tuition for Friday night and Saturday is \$99 per person. Sunday is reserved for participants who wish to schedule individual or couples practice time with Lou at an hourly rate of \$20 per hour.



Lou Zweier

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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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Self Care by Debbie Oudiz

I have spent a lot of time over this past year doing self care. It is luxurious to have had this time to focus on what works for me-and I realize that a lot of what I am going to share also came from my crazier, working, parenting days. So here are some of my thoughts and ramblings on what is important for me. You decide what is important for you.



Debbie Oudiz

Spend time with me. Sitting in swinging chair, getting coffee at places I love, reading a book, meditation, just breathing and being.

Move my body. Yoga, walking, hiking, cross country skiing, or even just little things (like stacking wood-yes it is starting to get nipper up here in Alaska). There is no better way to clear my mind and reset my priorities than activity.

Connect with nature. This can be outside, inside looking out, or even just fussing with my basil and lavender plants in the window. Just some way to connect with the Big U.

Take risks, frequently. I can get very routine and closed. So I look for new ways, new things to try. And, yes, it can be really uncomfortable. Right now I am working up to stand up paddle boarding on a surf board-like thing in a wet suit this next spring. (Yes, I think it will take me that long to get ready!) I will keep you all posted.

Connect with people. I love connecting via phone, email, and in person. Doesn't have to be gangs of people everyday, but at least one, preferably several.

Practice gratitude, awe, and wonder--daily. I even have an email gratitude buddy who I share with everyday.

Try making your own list and take care of yourself!

Coaches' Corner

By Phil Stahr

As many of you might know, I want to change the world. This might sound like an impossible task, however, I believe that we do that with each training we hold throughout the year. It starts with each individual that is willing to take a look at themselves and ask if there isn't something more. As all of us that have done the training know, this can open up a whole different way of seeing ourselves, the world we live in and how we fit in it.

Then there is the option to coach the trainings. What a wonderful way to give back. It is an opportunity to continue the journey with others in our community and help fill the world with light. What a fabulous way to continue changing the world. We hope that you will consider joining us in the effort to change our world by coaching. It is a joyous time of giving and receiving.

Please call any of us on the team and let us know if you are interested. We look forward to hearing from you and seeing you soon.

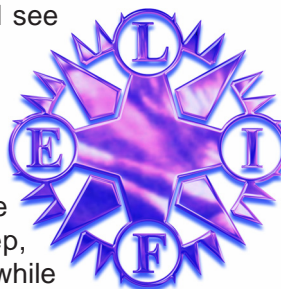
Tips for Authentic Living

Reach out to stress less. Feeling overwhelmed? Lend a hand. Help someone else. You may find the more you reach out to others, the less you become aware of your own challenges and hurts. Do one thing and see what happens!

Give something away. Clean out those closets and drawers and donate the items to a charity of your choice.

Random acts of kindness. Leave flowers or a treat on a friend's doorstep, anonymously. Mow your neighbor's lawn while they're away on vacation.

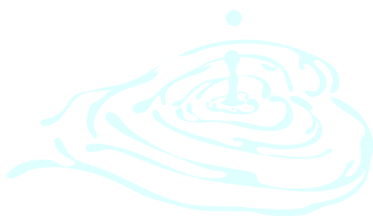
Find an activity you enjoy and then find a way to volunteer - whether it's reading to children at a library to working at an animal shelter or serving at a food kitchen.



INFORMATION NIGHT

Monday, December 6th
7 – 9 pm

Join us, and bring a friend for an informal evening and the chance to explore who we are and what we do. Graduates, please join us and share your experience!



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)

October 7 & 28	November 18	December 2	Jan 6
Feb 3	Feb 17	Mar 10	Mar 24

Seminars and Workshops

Feb 4 - 6 **Communications**; Fri evening + Sat, Sun practice

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Winter '11	Jan 14 to 16	&	Jan 26 to 30
Spring '11	Apr 1 to 3	&	Apr 13 to 17
Summer '11	July 15 to 17	&	July 27 - 31

Events and Gatherings - check the website for details

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

Information Night - Monday evening, Sept 13th, 7 - 9 pm

ALC Season Celebration - Thursday evening, Dec 16th, 6:30 - 8:30 pm

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