

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

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Essence In Action

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The Power of Choice

Conscious choice is the basis of personal empowerment

Everyday we make numerous choices on how to live our lives. From eating to entertainment to friends to life styles, we make choices, whether consciously or unconsciously. At ALC, we are acutely aware of the impact conscious choice has on people, particularly if they have believed that having choices was not an option. Our premise is that each of us is an active participant in the meaning we make out of everything in our lives. The ways and modes in which we react and experiences we create are some of the most powerful decisions we make. Recognizing that choice is operating in our lives can bring us more fully into the present moment, with greater awareness of how our assumptions and beliefs influence us. It brings us to the questions of where we want to go from here and what we want in our lives . . . *What do we choose?*

For all of us, what we choose, whether consciously or unconsciously, is important information which can be used to help us better understand our own belief systems and modes of action. This goes beyond a simple judgment of our behavior to a deeper understanding of ourselves and a broadening of possibilities when we embrace the choices we make with greater consciousness.

The realization that we are always at choice has been a transformative moment for many people, we at ALC included. The transformation takes place when people take full personal responsibility for their lives AND step into the freedom and expansiveness that such a choice creates.

With all the choices we make, the most wholly informed is often the most productive. At ALC, we encourage this wholeness by examining information from different aspects of ourselves, what we call heart, body, mind, spirit - that is, what we are feeling and thinking, how our bodies are reacting, and how our connections are impacted. We focus on each person's internal experiences to help them increase their conscious ability to make choices in their lives. And then we respect those choices.

So why Power of Choice? Because, as we begin making conscious choices, personal empowerment, confidence, and deep satisfaction are often the results. In addition, the experience of conscious choosing -- in and of itself, independent of the choice made -- can have a significant impact. The Power of Choice implies a deep respect for everyone, a belief in each person's innate wisdom, a premise of being whole and complete, and trust in each person's ability to significantly change their lives. This is where we at ALC begin our journey with you.

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Upcoming Events at ALC

September 8th Seminar: *Charlie Nimovitz in Concert*



Charlie Nimovitz

We are truly honored to have Charlie return to our center to sing live for our community. His concert in February was a terrific success and a wonderful inspiration. We play several of Charlie's songs in our 8-Day training, *Leading from the Center*, as they are wonderful and powerful messages of growth, healing, courage, and vitality.

Charlie will be gifting us with his music on Thursday evening, September 8th, from 6:30 to 9:00 pm. The fee at the door will be \$15 per person.

Charlie is a Bay Area singer/songwriter who has performed professionally for over 30 years. In the year 2000 he was diagnosed with Parkinson's disease and after a soul searching break has returned to the stage in all his shaky glory! Be prepared for laughter, a few tears, and a whole lot of healing going on. Don't miss this event! You can find out more about Charlie at his website: www.charlienimovitz.com.

December 3rd Workshop: *Compassionate Communication - Creating the Relationships You Want*



Lou Zweier

Lou Zweier will facilitate this day-long workshop where you will learn the basics and practice Compassionate Communication - 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. Honest expression of needs, and empathetic listening to the feelings and needs of others creates a connection

between people from which solutions flow more easily. Those who attend will learn to:

- “ Confront problems with others without blaming or criticizing
- “ Avoid patterns of thinking that lead to guilt, shame, and anger
- “ Resolve conflicts without “giving in” or “over-powering” others
- “ Express appreciation powerfully

Lou Zweier has been a student and practitioner of Non-Violent Communication since 1995. Mr. Zweier is also Director of the CSU Center for Distributed Learning, a nationally recognized academic technology center for the California State University System. He has presented at regional and national educational technology conferences on communication skills and conflict resolution. Non-Violent Communication™ has been developed by Marshall Rosenberg, PhD, international mediator and peace maker (www.cnvc.org).

The course fee is \$75 per person or \$120 per couple. The course will take place at the ALC Center from 9:00 am to 4:00 pm.

Tips for Authentic Living

Ask Your Hero - Most of us have a real or imagined person in our life that is our hero. When you have a hard decision to make or need some advice, picture that person and ask them what they would do... and then listen to their response. You might be amazed at their (your!) wisdom.



Take a Risk - Most conscious changes involve being willing to step out of our comfort zone (if it weren't uncomfortable, we'd have done it already, right?). To many, this feels “risky.” What are you willing to risk to get what you want?

Select Positive People - Who do you choose to spend most of your time with? Are they people that celebrate your growth and nurture your desire to live authentically? Or are they negative and limiting? Surround yourself with people who lift your spirit and nurture your courage to make your own choices and decisions.

Play - It can be very hard in our busy world to actually take the time to play - to nurture ourselves. Who would you like to have fun with? What would you like to do? Make a call, send a note, write an email, put it in your planner. What is the point of waiting?

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A Moving Experience Starts in September

Betty Vosters-Kemp will be starting a walk-in movement group on Tuesday evenings at the ALC center called **A Moving Experience**. Betty has studied Gabrielle Roth's 5 Rhythms™ work for over a decade. She is a certified 5 Rhythms Teacher who brings healing through the simple and sacred act of moving your body. Betty creates a safe and accepting place for you to move your body in the way it wants to move. And in doing so, you create more joy and freedom in your life. Betty invites you to discover the unique energy and ecstasy of free form dance and movement utilizing Gabrielle Roth's 5 Rhythms™ practice. Betty tells us that thousands of people from all walks of life, all ages, shapes and sizes, have discovered the freedom of this simple movement practice. This includes people with painful joints and sore muscles. She also invites people with wounded hearts, people who love to dance and those who think they cannot move, people who love to show off and those who can barely show up.



Betty Vosters-Kemp

Sweat Your Prayers Class - 1st and 3rd Tuesdays: Sweat Your Prayers is both a self-paced workout for the body and a moving meditation. With minimal instruction, you move to the music in the ways that your body wants to move. Whatever you need, you are invited to the dance - the dance of yourself.

Making WAVES Class - 2nd and 4th Tuesdays: In the Making WAVES class, we explore the 5 Rhythms of flowing, staccato, chaos, lyrical and stillness, also known as the WAVE. Through playful instruction, you are gently guided into the WAVE to discover your own unique style of movement on the dance floor and in your life.

Betty's five-year old son is a daily reminder of the healing power of putting your body in motion. After six years of trying unsuccessfully to have a child, something opened up inside her while she was doing her own movement work. Three weeks later she conceived her miracle son. "I know with all my body, heart, mind and soul that if you move it, it will change!"

GIVE IT TO THE RIVER

Some part of us, like the river, never forgets
that its sole purpose is to return to its source.

But some times the river is damned,
the flow is broken and the fish can no longer spawn.

Yet the ceaseless river always overflows its borders
finds another way and the fish can spawn again.

Perhaps for our lives as with the river
the journey includes all these things.

The river is never less for the obstacles it encounters
and we are always greater for our triumphs over them.

And because of this when we reach the sea
the water we taste is just a little sweeter.

By Doug VanWoerkom

Poetry

Coaches'

Corner

The subject of the lead article, the Power of Choice, made for a very rich coach training in August. We examined what happens when, in the training, a participant says "No, I'm not going to do that!" Coaches recognized that knowing what is going on inside them *first*, is essential. Coaches also examined the role played by "knowing what voice is talking and what voice the coach is responding with" in coaching the participant in making a choice that supports their values and goals.

In brainstorming their own reactions and coaching techniques, coaches noted they are guided by respecting a person's wisdom about what is "right" for them in any given moment, while encouraging introspection, self-awareness, and offering support to move into what is potentially uncomfortable and unfamiliar - and that is the essence of coaching!



Are you curious about **Leading from the Center**, our 8-day, two-session training? Do you know anyone who might benefit from the training? Come to our next Information Nights on **Tuesday, August 30th** and **Monday, September 26th**, from 7:00 to 9:00 pm, and bring a friend!

The night is informative, light, fun, and designed to answer as completely as possible any questions people might have about the training. Everyone is welcome, including graduates! Light refreshments are served.

