

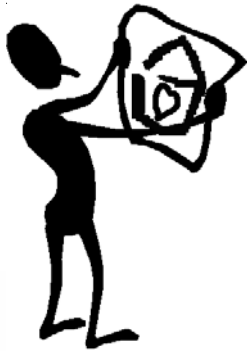
The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 3, No. 1

Essence In Action

Winter 2004



There is a Place...

*...Where you can be yourself, come with me
And it's a place where you can free yourself, come with me
And you know it's waiting not so far away
Need no reservations, we can go today
And now it's time to start. It's right here in your heart*

Wild Roses

The Authentic Leadership Center will be moving into their new, permanent offices and training center on June 1st. After months of negotiation and design, the contracts are signed and the construction is under way! Located in the heart of Carmichael for easy access from all around the Sacramento area, the site is situated directly next to Carmichael Park and the Post Office on Fair Oaks Boulevard. As the major tenant of the building, ALC has worked very hard with the owner/builder to design a training center that will meet our expanding vision for several years to come. Visitors will enter our center into a spacious reception area. From there, visitors have access to

MARK YOUR CALENDARS!!

ALC Open House Bash
at the new Carmichael Center

Saturday, June 26th
5:00 - 9:00 pm

several offices, a kitchen facility, a conference room, restrooms, and... our large, 1500 square foot, wood floored training room, complete with adjustable lighting and plenty of storage space attached directly to the room. One of the many terrific features

of the training room is over 50 feet of floor-to-ceiling windows that look onto an enclosed atrium.

There is plenty of parking in the back of the building that is well lit at night. Another great feature is that the back of the building (where the entrance to our center is) opens directly onto Carmichael Park - a large, well maintained park with plenty of trees and walking areas - perfect for breaks and reflection time during our workshops, seminars, and trainings.

One of the reasons we need our new facility is to provide a site for our greatly expanded schedule of events in 2004. More workshops, trainings, seminars - something for everyone. Visit our website for events and times.

One of our basic values is the establishment and nurturing of a

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Quick Notes

New Website!!

We will unveil our new website on April 1st. We've been working on a brand, spanking new site for several months. We've really attempted to capture the feel of what ALC is all about in words, graphics, pictures, and music. On the 1st, check it out and see what you think!

Next Training

The next *Leading From the Center* Training is Apr 30th - May 2nd (3 Day session) and May 19th - 23rd (5 Day session). If you or anyone you know is interested, contact us now!

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ALC Thursday Evening Seminar Series Continues

March 25th Seminar

The Power of Compassion

Bonny Mathe Helms, a gifted teacher, facilitator and counselor for 12 years, will show attendees how to make a more profound impact on self and loved ones by putting compassion into action. When someone says “compassion,” it can mean many things from pity to “feeling sorry for” to empathy. Usually, it applies to someone else - to those outside of us. The challenge for many of us is to apply our compassion to ourselves.

This seminar will show you that *compassion for yourself* is precisely the prerequisite for truly putting compassion in action for others in a real and authentic manner. Bonny will combine lecture and exercises to help you connect with a deep love of yourself and leave with tools to put it into action.

Bonny created and facilitated the WORTH Intensive Training Series from 1998-2002 and co-facilitated the Next Level Intensive from 1996-1999. Bonny combines her years of therapeutic work with her studies in metaphysics and Tibetan Buddhism to create a truly unique approach to personal growth. She has an MA in Clinical Psychology and has an active and successful counseling practice in Sacramento.

April 22nd Seminar

Hard, Soft, Fragile - A Model for Developing Your Emotional Intelligence

One of the four themes woven through *Leading from the Center* (our 8-day, 2-session experiential training) is Self Awareness. Self awareness is a crucial element in the development of emotional intelligence. Patrick Bell, an outstanding consultant, trainer, and facilitator, will present a simple, three-part model for helping you to improve your ability to distinguish the intensity of your own and others' emotional states. Patrick will provide an opportunity to explore those states more deeply in yourself, with an eye to greater disclosure, and expanding both your emotional awareness and your emotional expression.

The three-part model of “Hard, Soft, Fragile” will be used in this seminar as an easy, accessible way for pursuing these goals. Come for a fun and intense evening of emotional self-exploration and learning.

Patrick is president of Edge Consulting and has over 15 years of management experience. He specializes in cutting edge organizational development and training. He has worked with government agencies, and both large and small nonprofits and for-profits. Patrick is also a loved friend of the ALC community and has generously used his wisdom and insights in service to others personal and relationship growth.

Patrick, along with his wife and business partner, Elizabeth will also be facilitating our up-coming Couples Dialogue workshop on May 7th and 8th. Please see the enclosed flyer for details and a registration form.

Don't Miss It!
A COUPLES' DIALOGUE:
Growing Yourself, Growing Your Relationship

Friday Evening, May 7th and Saturday, May 8th
See the flyer enclosed for details and a registration form

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:

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The 2004 ALC Community Seminar Series

As part of our commitment to foster and grow a supportive learning community, ALC will be offering six seminars on various topics related to living a full and authentic life. These seminars are facilitated by leaders in our community. The seminars take place on six Thursday evenings and start at 6:30 pm and last until about 9:00 pm. The fee is \$15 per person and \$25 per couple. Here is the schedule:

Date	Topic	Presenter
Mar 25	<i>The Power of Compassion</i>	Bonny Mathe Helms
Apr 22	<i>Hard, Soft, Fragile</i>	Patrick Bell
June 24	<i>Food for Thought - What's New in Nutrition and Supplements</i>	Maxine Barish Wreden, M.D.
July 22	<i>Living Effectively</i>	Gordon Brown
Sept 23	<i>Creativity and Magic</i>	Cathy Dyaico, M.D.
Oct 28	TBA	Pauli Hakenson

ALC Goes South!

The ALC leadership team will be traveling to Los Angeles in the first week of April for two important events. First, there will be an informal information evening and reunion on April 6th, from 7:00 - 9:00 pm at the home of Cathi Bunker, a recent *Leading from the Center* graduate. Members of the community and anyone interested in learning more about *Leading from the Center* are welcome. Light refreshments will be served. Visit our website for details.

The next evening, April 7th, the ALC team will be presenting at the April meeting of the Professional Coaches and Mentors Association - Los Angeles Chapter.



Tips for Authentic Living

Connect - When you get the feeling during your day that it would be nice to connect with a special person, whether it is your spouse, friend, or long-lost uncle, call or email them right then - don't wait. Then, instead of forgetting, you give a gift to you both.

Simplify - You don't need to be busy every minute of the day (do you?). Being aware of your priorities when making commitments is a key. Then learn to say **no** to things you don't want to, or don't have time to do (and don't feel guilty about it).

Slow down - Along the same lines as Simplify, what do you do when you feel there just isn't enough of you to go around? Ask yourself, "What is most enjoyable and rewarding for me and my family?" Don't give another thought to wasting your precious time on activities that are meaningless to you.

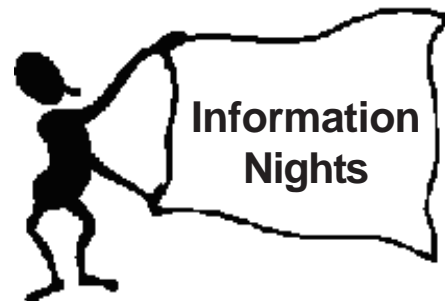
Think and speak well of yourself - Is too much of your attention paid to the negative? Teach yourself and your children to use positive self-talk. Stop the negative-talk cycles in their tracks. We tend to make real what is the "main feature" of ourselves. What's YOUR "main feature?"

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supportive community. We are looking forward to the new center being a nexus, a gathering place for our expanding community.

Another opportunity that our new center offers is a wonderful space to rent for special events, workshops, lectures, and organizational meetings. Both day and evening rentals are available. If you or someone you know is interested in using our new facility, please give us a call.

We are planning an **Open House Bash** on June 26th, and the whole community will be welcome for food, fun, music, and connection.



A great place to learn more about **Leading from the Center**, our 8-day, two-session training, is at one of our informal Information Nights.

The night is informative, light, fun, and designed to answer as completely as possible any questions people might have about the training. It is also a great opportunity for potential participants to meet the leadership team and hear from graduates that have experienced the training. Light refreshments are served.

Join us any of the following dates:

Tuesday March 30
Tuesday June 29
Tuesday September 14

6945 Fair Oaks Blvd., Suite 4 Camichael, CA 95608



2004 Master Calendar of Events

Living Authentically (Thursdays, 6:30 - 9:00 pm \$15/per, \$25/couple)

Jan 8	Apr 15	Aug 5	Nov 11
Jan 22	May 13	Aug 26	Nov 18
Feb 5	May 27	Sept 2	Dec 2
Feb 19	June 3	Sept 16	Dec 16
Mar 4	June 17	Sept 30	Dec 30
Mar 18	July 1	Oct 7	
Apr 1	July 15	Oct 21	

Seminar Series (Thursdays, 6:30 - 9:00 pm \$15/per, \$25/couple)

Mar 25	<i>The Power of Compassion</i>	Bonny Mathe Helms
Apr 22	<i>Hard, Soft, Fragile</i>	Patrick Bell
June 24	<i>Food for Thought: What's New in Nutrition and Supplements</i>	Maxine Barish Wreden, M.D.
July 22	<i>Living Effectively</i>	Gordon Brown
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Oct 28	TBA	Pauli Hakenson

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

	Session 1	&	Session 2	Celebrations (5:30 pm)	
Winter	Feb 6-8	&	Feb 25-29	Feb 8	Feb 29
Spring	Apr 30-May 2	&	May 19-23	May 2	May 23
Summer	July 30-Aug 1	&	Aug 18-22	Aug 1	Aug 22
Fall	Oct 15-17	&	Nov 3-7	Oct 17	Nov 7

Workshops

May 7-8 - Couples Dialogue - Fri 6:00-9:30 pm, Sat 9:00 am - 6:00 pm
 June 21 - Authentic Happiness - 9:00 am - 5:00 pm

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