

The AUTHENTIC NEWS

Newsletter of the Authentic Leadership Center

Vol. 9, No. 1

Your Essence In Action

Winter 2010



The Healing Power of Love

by Gayle Mathe

Wow. The winter *Leading from the Center* training just completed and I am, once again, in awe and gratitude. My days and evenings have been crazy busy and very full of the things that make up the fabric of life: intense and exciting projects at work, the loss of an elderly and beloved uncle, the birth of a grandchild to a dear friend, the terminal illness of a brother... As I approached the training, I wondered if I would be ready for it... able to be there 100% in heart, body, mind and spirit.

And then the training began. All that was going on around me dropped away and I was left with what was going on inside me. I joined together with five tender souls who brought their courage and their fears and a commitment to change into the loving arms of 12 other coaches and watched the magic.

Magic... that is a term I use a lot when I try to explain what goes on in the training. That's what it seems like, so lacking a better word, it is a good one to use. But really, it isn't magic at all. It is what happens when participants are held gently and accepted, despite - or perhaps because of - all of their creative adaptive behaviors (i.e. "imperfections") and seen as magnificent... When they are, in a word, loved unconditionally. I witnessed it; I experienced it; I felt myself healing too.

Protective masks faded and I watched with awe as a congruence of body language with feelings, and of values with action, emerged. Compassion and self-acceptance are strong and solid partners; confidence and peace the result.

I cannot count the number of times over the years that I have heard a participant say, "I have never felt loved like this before," and I have learned not to underestimate its power to heal. Maybe magic is the right word after all...

Movie Night!

Dress comfortably and join us for a leisurely and fun evening at the movies. We'll even supply the popcorn and candy! The evening is free of charge. We will show two movies. Send us your suggestions!

**Saturday, Feb 27th,
6:30 pm**

Quick Notes

Movie Night - Join us for movies with popcorn and candy on Feb 27th @ 6:30 pm.

Going Deeper - Our advanced training is Mar 24-28 and has special pricing. **pg 2.**

Couples Dialogue Workshop - Fantastic couples workshop coming to ALC again Apr 16-17. **pg 2.**

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ALC Workshops

Going Deeper Advanced Workshop - March 24 - 28

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, March 24th and continues through 6:00 pm Sunday, March 28th. Participants are responsible for their own lodging.

We are committed to filling this training (maximum is 10 participants). Towards this end and in recognition of the economic challenges many people are experiencing, the ALC Team has decided to offer some **very special pricing**. The normal tuition for *Going Deeper* is \$995 per person. For this training, however, **past graduates of *Going Deeper* can attend for \$500 and new registrants can attend for \$750**. Register on-line by going to our website and clicking on the "Register here" link located in the *Going Deeper* blurb under "What's New."

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

A COUPLES' DIALOGUE: Growing Yourself, Growing Your Relationship

Friday Evening, April 16th, 6:00 - 9:30 pm, and Saturday, April 17th, 9:00 am to 4:30 pm

Being in relationship has been called the most difficult spiritual practice we can engage in. ALC invites you to learn more about yourself, your significant other, and the unique relationship that you create together in the **Couples' Dialogue Workshop**. This course consistently receives *outstanding* reviews by the couples that attend. The course fee is \$310 per couple, which includes workbooks, class materials, and personal Myers-Briggs reports.

The primary vehicle for this 1½ day exploration is the Myers-Briggs Type Indicator (MBTI), an extremely powerful tool for looking at self and others. Structured couples' dialogues and a variety of experiential exercises help couples understand and use the results of their MBTI scores. You'll gain important insights into the areas of strength in your relationship. In addition, you'll see where difficulties can occur and then be able to identify steps you can take to transform those stuck places into possibilities for deeper awareness, acceptance and joy. Please note that the **registration deadline is March 16th** in order to provide enough time to process the MBTI assessments.

Elizabeth and Patrick Bell are the outstanding facilitators for this workshop. As a couple and business partners, and have 25 years combined experience with the Myers-Briggs Type Indicator.

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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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Mondays With Zoey

By Debbie Oudiz

Ok, Zoey the Dog is not the intellectual giant that Morrie is, and it's Monday not Tuesday. Still, she's wise. It's cold up here in the North (Alaska that is) so this Boxer grows more fur. Zoey meditates on the bench on the deck (she's committed to being in the present), and she rejuvenates next to the woodstove. She is a role model for self care. I've tried to emulate her by putting on an extra layer of silk, doing yoga, and snuggling on the couch (next to the woodstove). I do, however, grapple with questions that Zoey doesn't appear to contemplate-like "who am I now?"

This wonderful adventure that I've embarked on - retirement, moving to the North - has brought with it a whole re-evaluation of who I am, how do I belong, and what do I love. These are similar to the questions that we (the ALC we) use for **Going Deeper**. So, I am currently in the midst of doing my own private workshop around these questions. Here are some of the things I am learning:

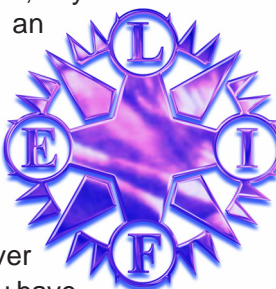
- 1) **Get lots of rest.** It's dark until 9:30 am right now, so I sleep in some days.
- 2) **If my body doesn't get excited about an idea, don't do it.** That is, I listen (feel?) to what my body is saying. If something doesn't generate energy, I don't pursue it.
- 3) **Be outside for several hours a day.** Yes, even when it's cold.
- 4) **Try something new regularly.** Like every few days.
- 5) **Stop, breathe, be in awe and gratitude** many times a day.

That's all the contemplation for today. I'm off to yoga and cross country skiing. And yes, Zoey is right next to the fire. *Namaste, Debbie*

"Happiness is about a string of moments that are consistently pleasurable and meaningful. The more we have, the more joyous our lives become." *Todd B. Kashdan*

Why be happy? Because it's healthy! Sometimes we can over think trying to be happy. Here are some ways you can add happiness to your life without added stress:

- **Smile!** Smile at people when you pass them; Walk toward your destination with a spring in your step until you really feel it; figure out what makes you smile and do that, i.e., buy yourself a flower, a cookie, a book by an author you enjoy. You know what it is.
- **Take care of your relationships!** Give someone a call, a card, a helping hand. There's something about connection that nurtures that happy feeling.
- **Keep a gratitude journal.** Read it over every evening to remind yourself what you have to be happy about.
- **Ask!** When you see someone who is happy, ask them how they got that way! You might find it's catching.



Tips for Authentic Living

Coaches' Corner

By Phil Stahr

As I reflect on the past year of trainings, I am pleased with how many new coaches have joined our team. The energy has been wonderful and it has shown in what the participants have shared during their time with us. Now, with the New Year at hand and a new set of trainings to look forward to, I find myself excited about all the possibilities. We have new coaches joining us again for our winter training and others that are continuing their growth by coming back for more.

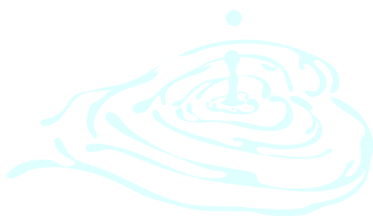
Coaching is a unique way of continuing our own growth as we reach out to help others. I can think of no better way of giving to our community. As the Coach Coordinator I am supposed to keep things running smoothly and make sure all the tasks get done. The coaches make this job very easy. It is such a joy to watch as all the coaches pitch in and help each other and all the jobs get done with very little prompting. This is truly what a functional family looks like.

If you have not coached before, please consider joining us for a training. It is fun, enlightening, challenging and hard to stop once started. If you find yourself considering being a coach, please join us for our coach trainings. Check the web site for further information. We look forward to seeing you there.

INFORMATION NIGHT

**Monday, February 22nd
7 – 9 pm**

Learn about our life-changing training, *Leading from the Center*. 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)

February 11 & 25	March 18	April 1 & 15	May 6 & 20
June 3 & 17	July 8 & 22	Aug 12 & 19	Sept 9 & 23
October 7 & 28	November 18	December 2	

Seminars and Workshops

March 24-28	Going Deeper , Wed evening - Sun evening
April 16-17	Couples Dialogue Workshop ; Fri evening & Sat all day
July 9 - 11	ALC Men's Retreat , Fri evening - Sun morning

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

Celebrations 5:30 pm on Sunday of each session

	Session 1	&	Session 2
Spring '10	Apr 30 to May 2		May 12 to 16
Summer '10	Aug 6 to 8		Aug 25 to 29
Fall '10	Oct 15 to 17		Nov 3 to 7

Events and Gatherings - check the website for details

Information Night - Monday evening, Feb 22nd, 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

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