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# The AUTHENTIC NEWS

*Newsletter of the Authentic Leadership Center*

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Your Essence In Action

Winter/Spring 2011

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## The Flow of Life

by Lou Zweier

Having recently celebrated 33 years of being in relationship with my wife, 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 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 too. 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?

I am grateful for the space and opportunities at ALC to give and receive in the flow of relationship. We look forward to being in the flow with you.

### Quick Notes

**Leading from the Center** - The Summer session of our life-changing workshop is July 15-17 and July 27-31.

**ALC Community Meeting & BBQ** is June 11th. pg 2.

**Men's Retreat** - 2nd annual retreat in Tahoe August 12 - 14. pg 2

**Going Deeper** - Our advanced training is Sept 8-12 and has special 2010 pricing. pg 2.

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## ALC Workshops

### ALC Men's Retreat - July 9 - 11

Chris Mathe, Phil Stahr, and Lou Zweier will host **ALC's second Men's Retreat** in a very comfortable cabin in the Lake Tahoe area. There will be some organized activities and plenty of personal time to consider what it means to be a man in today's society. Any man, 13 years or older is welcome to join us. Space is limited.

Friday will begin with a community dinner and a group discussion on the specifics of the weekend. The retreat will end after breakfast and closing discussions Sunday morning. **The fee is \$150 per man.** We will make and share all meals together and the fee includes food. Register on-line by going to our website home page and clicking on the "Register here" link under "ALC Men's Retreat" under "What's New."

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### Going Deeper Workshop - September 14 – 18

**Going Deeper** is another 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? and What is my gift to the world? This workshop starts at 6:00 pm on Wednesday, September 14<sup>th</sup> and continues through 6:00 pm Sunday, September 18<sup>th</sup>.

The tuition for *Going Deeper* is \$995 per person. Register on-line by going to our website and clicking on the "Register here" link under Going Deeper under "What's New."

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### ALC Community Meeting and ALC BBQ Saturday, June 11<sup>th</sup>

**Community Meeting:** Interested in learning about and discussing ALC's plans for the future? Please join the ALC Team for our annual community gathering. We'd love your ideas and input! The meeting takes place at the center from 9 to 11 am. Light snacks and beverages will be served.

**ALC Community BBQ:** Join the ALC Team for our third annual community BBQ and picnic. There will be lots of fun and games! Bring your family and friends for a great time, fun, and connection. The picnic will be from 2 to 5 pm. We will announce the location and other details at a later date. RSVP by sending us an email.

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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:

11344 Coloma Road, Suite 435  
Gold River CA 95670-4457  
[info@AuthenticLeadershipCenter.com](mailto:info@AuthenticLeadershipCenter.com)

### The Brain that Changes Itself

Norman Doidge, MD

For all of you who are involved with ALC, the concept of rewiring your brain should be familiar. So here's a whole book about how our brains are more flexible, have more capacity for healing and rewiring than was previously thought. The technical term is neuroplasticity.

Norman Doidge delves into this topic in a very understandable and accessible way. His writing includes background on what was formerly believed about our brains and how this has transformed in the last decade. Doidge illustrates many different aspects with stories of individuals. These include stroke victims, retraining senses, pain, imagination, obsessions and compulsions, and the use of neuroplasticity in therapy. In addition, Doidge discusses the interaction between culture and the brain.

If this sounds dry and boring, it isn't. It complements the work that we do at ALC-how we change, how we lay down new wiring and pathways of beliefs about ourselves, and how these changes integrate into who we are. The brain is a complex and mysterious universe. Beginning to peel back the mystery can open whole new ways of seeing ourselves, living, and opportunities for positive change. It is a book of hope.

### Be the Dog

That's a saying we use sometimes when coaching. Be the Dog. Why might that be useful? What does that mean? Well, when you think of your dog, what comes to mind? Always right there, in the moment with you? Accepting? Loving you just the way you are? (when is the last time you got the feeling your dog wanted to you be or act like somebody else?)

One of the core principles for facilitating deep change is creating a safe and accepting environment. Of course, there are other critical components too – such as helping the participant to understand the previous meanings she has made, and supporting new meaning-making. After all, if human beings are anything, we are meaning-making machines. And the meanings we make drive how we feel and what we do. But FIRST, there must be trust and safety. There must be a place where I can truly start to feel like letting down my guard and being really really real about who I am. Bringing us back to that core coaching principle. Be the Dog. Sometimes, there is nothing more than that for a coach to do.

**N**ow what? I did the training, and yet sometimes my buttons get pushed and I get so angry, sad, furious, ... fill in the blank. Here are some ideas of how to shift that energy:

- **Take a quick walk.** Move the energy that is building up in your body. Just a few minutes will help.
- **Breathe** – open a window and breathe some fresh air. It will help that trapped feeling.
- **Work out** – Using the large muscles in your arms and legs can burn off excess adrenaline.
- **Dig in the garden** – not only will it help your yard, but you'll breathe fresh air and move your large muscles
- **Vacuum** – put on some Mrs. Doubtfire music and move it.
- **Play with the kids/dog** – It's moving the energy and it may connect you with that Free Child



by Maril Cardwell

## Leading from the Center INFORMATION NIGHT

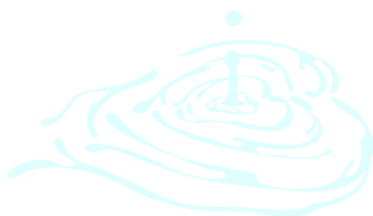
Monday, May 12<sup>th</sup>  
7 – 9 pm

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!

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11344 Coloma Road, Ste 435, Gold River, CA 95670



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)

March 24	April 7 & 21	May 5 & 26	June 9 & 23
July 7 & 21	August 11 & 18	Sept. 8 & 29	Oct. 13 & 27

### Seminars and Workshops

August 12 - 14	<b>ALC Men's Retreat</b> , Fri evening - Sun morning
Sept 14 - 18	<b>Going Deeper</b> , Wed evening - Sun evening

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

Celebrations 5:30 pm on Sunday of each session

	Session 1		Session 2
Summer '11	July 15 to 17	&	July 27 to 23
Fall '11	Oct. 21 to 23	&	Nov 2 to 6

### Events and Gatherings - check the website for details

**Men's Group** - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday nights each month - 7:00 - 9:00 pm

**Communications Practice Group** - May 21st, Saturday - 1:00 - 4:00 pm

**Information Night** - Monday evening, May 12<sup>th</sup>, 7 - 9 pm

**ALC Community Meeting & BBQ**, June 11<sup>th</sup>, 9 - 11 am & 2 - 5 pm

## The Management Team

**Maril Cardwell** ..... 916-838-1321  
maril@authenticleadershipcenter.com

**Chris Mathe** ..... 916-709-1170  
chris@authenticleadershipcenter.com

**Gayle Mathe** ..... 916-709-9233  
gayle@authenticleadershipcenter.com

**Debbie Oudiz**..... 916-804-6647  
debbie@authenticleadershipcenter.com

**Phil Stahr**..... 916-812-3726  
phil@authenticleadershipcenter.com

**Lou Zweier**..... 707-364-7907  
lou@authenticleadershipcenter.com