

## Dates & Time:

May 28, 2010	9:00 a.m.- 6:00 p.m.
May 29, 2010	9:00 a.m.- 10:00 p.m.
May 30, 2010	9:00 a.m.- 10:00 p.m.
May 31, 2010	9:00 a.m.- 2:00 p.m.

See [www.aleadershipinstitute.com](http://www.aleadershipinstitute.com) for calendar.  
USA dates: April 13-16, 2010 & Fall TBA

## Location:

Provence, France – an isolated farm in the midst of vineyards and lavender fields with history dating back to the 12th century



A roman chapel, the only close neighbor, perfect to contemplate from the swimming pool



With such magnificence, you may prefer to sleep under the star lit sky ...



Sunny, spacious seminar and dining areas

## Fee:

- 4-day course fee includes:
- All course materials including METT (Micro Expression Training Tool) online training
- Lodging in historic farmhouse (share spacious bedroom & bath or 50€/day supplement for single in nearby B&B if available)
- Full Board
- A follow-up conference call
- 2150€ for Participant paying
- 2550€ for Company paying

## Travel:

Closest Airport: Lyon, (2h30 drive with rental car);  
Closest TGV Train stations: Montelimar or Valence (1h30 drive or transport arranged after registration)

## Register early. Class size is limited to 12.

For information: contact Yvonne Altorfer, [yvonne.altorfer@sensing-consulting.com](mailto:yvonne.altorfer@sensing-consulting.com) or +33 6 13 61 57 98

To register: Fax/e-registration form at [www.aleadershipinstitute.com/pdf/form.pdf](http://www.aleadershipinstitute.com/pdf/form.pdf) to 1.415. 883.5544

Email: [Judith@aleadershipinstitute.com](mailto:Judith@aleadershipinstitute.com) Website: [www.aleadershipinstitute.com](http://www.aleadershipinstitute.com)

Phone: 1.415.883.5600; skype: Judithbell2006

# AUTHENTIC LEADERSHIP INSTITUTE

## AUTHENTIC LEADERSHIP 2: Navigating the Interpersonal World Mindfully

with Judith Bell, M.S., M.F.T.  
May 28-31, 2010

AL 2 takes the principles and practices of AL 1 into the interpersonal world of business and personal relationships.

You learn state of the art tools to pick up visual, auditory, and energetic signals that help you read other people more accurately and communicate more effectively, giving you an edge on your competition.

In only four days you'll learn skills that will help you create thriving relationships that will benefit you, your co-workers, your clients, your family and your friends.



## Vital Skills for Business, Leadership, & Life

*"As a senior manager in a highly technical engineering community, AL2 provided me with hands-on understanding that helped me recognize the diversity of individuals and their mental filters. That's crucial in an environment where effective communication is critical for maintaining space flight safety."*

Chris Singer,  
Acting Director of Engineering



*"AL2 teaches incredibly valuable life, business, and leadership skills that I have found nowhere else. With elegance and care, participants get deeper insights into themselves, learn how to read signals from others, establish better rapport, and gain the flexibility to improve their communication in both personal and work-based relationships. The outcomes allow participants to best bring themselves into any environment. A vital skill in modern business, leadership and life."*

Phil Owens,  
Global Brand Team Leader, Bayer Schering Pharma AG

## Benefits of AL2

- ♦ **Communicate** more authentically and non-defensively
- ♦ **Use** your perceptions more effectively
- ♦ **Engage** in difficult conversations with greater ease
- ♦ **Deliver** challenging feedback gracefully
- ♦ **Increase** the quality and depth of your interactions
- ♦ **Develop** your ability to create greater trust in all your relationships-business, friends and family
- ♦ **Cultivate** your ability to witness yourself and others, and to articulate what you notice
- ♦ **Form** deep and lasting friendships with like-minded people from diverse backgrounds.
- ♦ **Strengthen** your ability to lead yourself and others
- ♦ **Develop** the courage to follow your heart

*"If at times you struggle with how best to form win-win relationships when it seems unlikely at best, consider AL2. AL2 has helped me form critical bridges of understanding and shared purpose with others at work and at play. Two years later, it continues to be very valuable."*

Mickey Culver, Managing Director & Principal, Culver Company



## Who Should Attend

- Graduates of AL1 who want to:
- ♦ Further your use of AL1 principles and tools
  - ♦ Increase your effectiveness as you:

facilitate	supervise	manage
lead	mentor	parent
counsel	inspire	guide
educate	provide service	coach



*"In a wonderfully safe environment amongst a group of remarkable people, I discovered how old painful emotions were still embedded in my body, affecting my thoughts and actions without my conscious knowledge. Becoming aware of these emotions as well as my strengths helped me come closer to the life I want to lead. AL2 helped me develop the courage to follow my heart and take the lead towards thriving rather than surviving."*



Ghita Damgaard-Mørch  
Organizational Psychologist

## Acquire New Skills

AL 2 develops your ability to use yourself more effectively. It uses the latest research to improve your ability to recognize facial expressions, brief micro-expressions of concealed emotions, and the first signs of emotions in another person.

- ♦ **Learn** mindfulness practices and "meta" skills that increase your self-awareness, enable you to stay present, and to notice and comment on situations more incisively.
- ♦ **Improve** your ability to pick up and make sense of others unconscious verbal and non-verbal signals
- ♦ **Use** positive language to diffuse and transform defenses and bring out the best in others.
- ♦ **Enhance** your ability to support and develop people, including yourself.

AL 2 offers you the opportunity to broaden and deepen your own authenticity, building on the lessons learned from AL1. In a relaxed, supportive environment, you create an expanded self map



that includes authentic aspects of yourself that were undervalued and under-used. You will experience more joy, peace, and effectiveness as you bring your vitality, creativity, and perceptiveness to every aspect of your life.

## Immediate Application

*"I was able to use the skills I learned at AL2 the week following the course. Some months earlier, my new boss had misunderstood a situation at the office and left me an angry voicemail. I explained the situation to her, but she never apologized for her anger, and I felt distant from her for the ensuing months. After the workshop, I realized that I was still really bothered by this."*



*I set up an appointment to talk to her and made sure she understood my highest intention for the meeting—having a good working relationship with her, my boss.*

*She was initially defensive, but when I acknowledged her point of view while staying connected and stating my feelings, she was able to hear my message and sincerely apologize. AL2 was well worth it!"*

Carolyn Houston, MD, Field Medical Officer

*"I'm not sure what changes I have gone through, but Talbott Solar got an award for the second fastest growing company in the Sacramento region during the period I was working with you and AL2. Clearly something changed!"*

Dean T. Newberry, Founding Partner,  
Talbott Solar Homes, Inc.