

In Partnership with
Context Associated
& Pathways
Learning
Group

Fall 2006

Excellence Seminars International

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A Newsletter for Graduates of the Excellence Series Courses

The Relationship Between Winning and Lifelong Learning: Some Personal Reflections

At one point or another, many of you heard that Randy Revell (co-founder of Context Associated) often said "If you're green, you're growing; if you're red, you're rotting. Another way of thinking about this is, if you're green, you're pushing up against your comfort zone in pursuit of what you want, and you're encountering new challenges which inevitably require new learning. If, on the other hand, you think you have it all handled, you're red and you're rotting. You're residing in your comfort zone and perhaps even languishing in it: comfortable but certainly missing out on some of the juice and passion that comes from stretching and from really "being in the process of creating what you are certain is most important to you" (Randy's definition of winning).

Obviously, I share Randy's beliefs about the importance of lifelong learning and I'm dedicated, as he was, to orchestrating opportunities for others to learn and transform their lives so they can make their greatest contribution. At a personal level, I am also dedicated to my own growth and development, and I put my money where my mouth is! Over my lifetime, I have spent thousands and thousands of dollars and countless hours taking courses. A few weeks ago, I took yet another course and I want to share some of my learning with you from that experience.

Woven through all of our courses, is the notion that if you are to create what you are certain is most important to you, you must be clear about what that is. You must have **clarity!** Once you have that, you must **take action** and when that action does not produce the result you want, you need to **course correct** and continue taking action. (Remember, we are off course about 98 percent of the time; yet with small course corrections, we reach our destination). All of this requires **commitment** – commitment with no back door, commitment to continue without reservation, no matter what, even when there does not appear to be any fruits from our efforts. Finally, it requires "**space-scrubbing**". If your space is all cluttered up, you simply don't have room for what you want to manifest. In the Advancement of Excellence, we characterize our space as including both physical and psychological space and we devote time to space-scrubbing by doing what needs to be done, delegating it or dumping it.

I have engaged in space-scrubbing on many occasions and I have always created great value. With space for new results to show up, I have attracted them. What I was less conscious of was the need to create space in my mind. "**No thought lives in your mind rent free**" was the quote that resonated with me and led to new insights. For example, if I want happiness, I need to let go of sadness... If I want love, I need to let go of hate... If I want something new, I have to let go of the old. It was noted that the universe abhors a vacuum, and will rush in to fill it. So, in releasing what I don't want, whether it be thoughts, feelings, judgments, habits, or whatever, I create the space for something new.

Based on my new learning, I am now inspired to create much more space in my life. Towards this end, I am taking a leave from Malaspina University-College for eight months starting December 15, 2006. I knew I needed this type of space but what I have added to my repertoire of space-scrubbing techniques is "**releasing**". In particular, I am committed to letting go of thoughts, feelings, habits, etc. that no longer support me in creating what I'm certain is most important to me. I know I did this in a substantial way in "Inside Passage" and I've witnessed many others do the same, reaping tremendous emotional and psychological freedom through the process. Knowing that "no thought lives in my mind rent free" encourages me to do this on an on-going basis. I am now motivated to monitor my thoughts even more carefully, choose them in alignment with what I want and watch what shows up. I'm excited about the prospects and I'm convinced even more that lifelong learning really is the key to winning! So, if you're not engaged in some sort of learning activity for the Fall, please consider taking a new course, auditing or assisting a program and enjoy the benefits that will come your way!

Pam Lewis



Excellence Seminars
International

Upcoming Introductory Sessions

DATE	LOCATION	
Wed, Sept. 6	Sandman Inn (180 W. Georgia)	Vancouver
Tues, Sept. 12	Inn on Long Lake	Nanaimo
Tues, Sept. 19	Best Western Convention Centre	Coquitlam
Tues, Sept. 26	Inn on Long Lake	Nanaimo
Wed, Oct. 11	Best Western Convention Centre	Coquitlam
Wed, Oct. 11	Inn on Long Lake	Nanaimo
Tues, Oct. 24	Sandman Inn (180 W. Georgia)	Vancouver
Tues, Oct. 24	Inn on Long Lake	Nanaimo
Wed, Nov. 8	Dorchester Hotel	Nanaimo
Wed, Nov. 15	Best Western Convention Centre	Coquitlam

Celebrating Milestones: Michelle & Her Family

Seven months pregnant at June 17th Commencement for the Advancement of Excellence in Vancouver, Michelle Richardson thoroughly enjoyed her role as Master of Ceremonies as our newest Program Leader. Posed for a photo with her Assisting Team (Lucie Honey-Ray and Kim Nonis on her left, Diane Haggarty, Joni Martinson and Cathy Demers on her right), Michelle strategically



displays her "gift" in a way that no-one would suspect she was pregnant.

Two months later, Michelle and Dan, proudly and lovingly show off their delightful daughter, born on August 21, 2006. We welcome you Talia, and hope you gained valuable lessons during your first Advancement of Excellence. You have been born into a wonderful family and community. You are one of ours now, Talia!



Welcoming Our First Full-Time Employee to Excellence Seminars International!

Susan Wickham has just joined Excellence Seminars International as our full-time Administrative Assistant. Warm, intelligent and hard-working Susan has a creative flair. She earned her degree from the Emily Carr Institute of Art and Design before spending several years working in retail displays and design. Susan lives in Coquitlam with her husband Scott, their two dogs and two cats.

Susan will wear several hats. Her responsibilities will include organizing volunteers and logistics for Vancouver, coordinating facilities and communications for all locations, providing administrative support to all areas and just about anything else we can think of...she's up for it. Welcome Susan!



Have the Jensens Started a Trend?



WHAT A SURPRISE. It was no ordinary Commencement on March 4, 2006. Lorraine Freelund, Program Leader for that Advancement, and her partner, Shawn Jensen, who was a participant in the same Advancement, caught us all unaware! Shawn announced their marriage at Commencement as one of his "Tangible Measurable Results". They went onto celebrate and what a reception they had.

It seems that at least one other couple thought it was a great idea. After a seven year engagement and a marriage ceremony earlier that day, Chad Henderson, who was auditing the Advancement, announced his marriage to Susana Michaelis, at the Commencement Ceremony held in Nanaimo on June 17, 2006. Susana and Chad are long-time members of our Excellence Seminars International community and it was truly delightful to be part of their celebration.



**OUR CONGRATULATIONS TO BOTH COUPLES!
And our very, very best wishes to you for rich,
fulfilling lives together!!!**

PUBLIC COURSE OFFERINGS: Fall Scheduling

Vancouver

- ◆ **The Advancement of Excellence with Michelle Richardson or Sandy Slovack in Vancouver:** This course is open to anyone who has completed the Pursuit of Excellence and WALL. Foundation Weekend (September 9-10), and Relationship Weekend (October 14-15) take place at the Best Western Convention Centre in Coquitlam. Commencement takes place at the Executive Plaza Hotel & Conference Centre in Coquitlam on November 4, 2006. Weekly meetings are scheduled on Foundation Weekend.
- ◆ **Assisting Workshop with Cathy Demers:** Graduates of the Excellence Series are invited to get involved assisting programs. The Vancouver Assisting Workshop is scheduled from 10:00 - 2:00 p.m. on Saturday, September 23, 2006 and will take place at 383 East 37th Ave in Vancouver.
- ◆ **The Pursuit of Excellence with Pam Lewis in Vancouver** will take place from September 28 - October 1, 2006 at the Best Western Convention Centre in Coquitlam.
- ◆ **The Wall with Carol Peringer in Vancouver** will take place from October 26-29, 2006 at the Best Western Convention Centre in Coquitlam.
- ◆ **The Pursuit of Excellence with Brent Stewart in Vancouver** will take place from November 2-5, 2006 at the Best Western Convention Centre in Coquitlam.
- ◆ **The Wall with Carol Peringer in Vancouver** will take place from November 23-26, 2006 at the Best Western Convention Centre in Coquitlam.



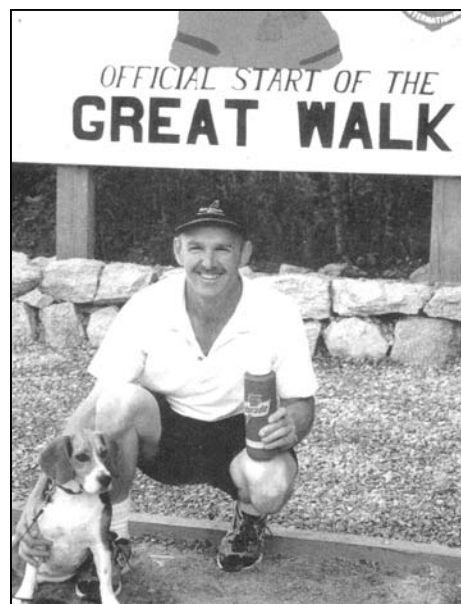
*Seminars that
inspire and support you to
be, do and have more of
what you want.*

Vancouver Island

- ◆ **The Advancement of Excellence with Lorraine Jensen in Nanaimo:** Foundation Weekend (September 16-17) and Relationship Weekend (October 21-22) take place at the Dorchester Hotel. Commencement takes place at the Nanaimo Golf Club on November 11, 2006. Weekly meetings are scheduled on Foundation Weekend.
- ◆ **Mastery I with Carol Peringer on Gabriola Island** will take place from September 27-October 1, 2006 at the Surf Lodge on Gabriola Island. FULL. Taking waitlist.
- ◆ **Assisting Workshop with Sandy Slovack:** Graduates of the Excellence Series are invited to get involved assisting programs. The Vancouver Island Assisting Workshop is scheduled from 10:00 - 4:00 p.m. on Saturday, October 28, 2006 in Nanaimo at the Lighthouse Bistro.
- ◆ **The Pursuit of Excellence with Pam Lewis in Nanaimo** will take place from October 26-29, 2006 at the Dorchester Hotel.
- ◆ **The Wall with Carol Peringer in Nanaimo** will take place from November 16-19, 2006 at the Dorchester Hotel.
- ◆ **Mastery II with Carol Peringer in Nanaimo** will take place from December 1-3, 2006 at the Inn on Long Lake.

Brad Holmes Running an Ultra-Marathon to Raise Funds for POETS

Once again, Brad Holmes is training hard in preparation for his next ultra-marathon - 56 kilometers starting in Youbou and finishing in Lake Cowichan on Vancouver Island. This event takes place on September 16th and Brad is running for more than the physical feat itself; he is running to strengthen the fabric of goodwill that exists in the world! Brad has a passion for goodwill, believing it to be a state of mind, and he is driven to create it. His strategy is to combine his love of running with fundraising for the Pursuit of Excellence Society (POETS), a registered non-profit society whose purpose is to raise and disburse bursary funds for people with limited financial resources to take the Pursuit of Excellence. Brad has been doing this every year since 2000 and has raised thousands of dollars to support others to move forward in their lives. Brad would appreciate your support again this year and can be contacted at (250) 756-2789 if you would like to sponsor him. POETS would also welcome your participation on their Board of Directors so that you too can "pay forward" the gift of learning you received from the programs. For more information on how you can support POETS, contact Debbie Schug at (250) 751-8207 or email her at mermaid@parksville.net.



Contribution Corner: Strengthening the Fabric of Good Will in the World...



Our Thanks to All Those Assisting Spring & Summer Programs!

The Wall (Vancouver)

March 23 - 26, 2006

Carrie Clarke	Cathy Demers
Brian Dickie	Joni Martinson
Kim Nonis	Val Richards
Michelle Richardson	Peter Vierke

The Wall (Nanaimo)

March 23-26, 2006

Kathy Bingham	Caroline Blagborne
Jenny Dagg	Barbara Davidson
Annabelle Fawcett	Michael Hill
Tanya Horne	Doug Hoyle
Linda Ulrich	Andria Wingerter

Mastery I (Gabriola)

April 5-9, 2006

Tanya Horne	Sandy Slovack
Stacey Vowles	

The Advancement (Vancouver)

April - June, 2006

Cathy Demers	Diane Haggarty
Lucie Honey-Ray	Joni Martinson
Kim Nonis	

The Advancement (Nanaimo)

April - June, 2006

Barbara Davidson	Michael Hill
Tanya Horne	Andrea Kelly
Janis Libby	

The Pursuit of Excellence (Vancouver)

May 4-7, 2006

Kim Ceresney	Carrie Clarke
Leanne Clarkson	Carole De Champlain
Brian Dickie	Donald Ross
Trish Smiley	

The Wall (Vancouver)

May 25 - 28, 2006

Kim Ceresney	Carrie Clarke
Carole De Champlain	Eric Hillman
Donald Ross	

The Pursuit of Excellence (Parksville)

June 1-4, 2006

Dirk Becker	Laura Bentley
Jenny Cox	Brad Holmes
Jim Pickell	

The Pursuit of Excellence (Vancouver)

June 8-11, 2006

Davina Brodeur	Albert Bruins
Andrea Kelly	Tracey Nehakwich
Renee Wilkins	

Inside Passage (Nanaimo)

June 8-11, 2006

Rhonda MacIntosh	Robyn Unwin
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The Wall (Nanaimo)

June 22-25, 2006

Jenny Cox	Brad Holmes
Lorraine Jensen	Shawn Jensen
Andrea Kelly	D'Arcy Mahoney
Carlos Sperling	

Mastery II (Nanaimo)

July 1-3, 2006

Cathy Demers	Goody Niosi
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Youth Pursuit (Shawnigan Lake)

July 1-3

Dan Jenneson	Amanda Kass
D'Arcy Mahoney	Katie Pickell
Andrea Schmidt	Carlos Sperling
Bobbi Taylor	

The Pursuit of Excellence (Nanaimo)

July 6-9, 2006

Marcie Gilbert	Lil Mitchell
Angela Slomnicki	Dawn Tydall

The Wall (Vancouver)

July 13-16, 2006

Albert Bruins	Gerda Bruins
Patricia Jewer	Niki Vankerker

Advancement Teams Continue to Make a Difference!

Participants in the Advancement of Excellence are asked to strengthen the fabric of goodwill in the world through making a contribution to their community. This is done in teams with each choosing a project to undertake during the eight weeks of the Advancement. A total of seven projects were completed this Spring, three in Vancouver and four on the Island.

In Vancouver, the **Comfort Zone KICKERS**, coached by Kim Nonis, chose to feed the homeless on the streets in Vancouver as their community project. With the assistance of an anonymous donation, the Kickers were able to feed well over 100 people.

The **Erupting Volcanoes**, coached by Diane Haggarty, cleaned, restored and painted a Daycare. They also assisted Dr. Sue Slack with an Art Show raising over \$5,000 for someone who could not afford a hip replacement operation that MSP would not cover.

Power Plays, coached by Lucie Honey-Ray, undertook their project for Peardonville House, a residential treatment program for chemically dependent women. They organized a clothing drive that generated over 80 bags of clothing and toys for their clientele.

On Vancouver Island, **Sizzling Synergy**, coached by Tanya Horne, chose to contribute time, energy and love to the Salvation Army Soup Kitchen in Parksville. They were welcomed with open arms and joyous acceptance.

The **Green Team**, coached by Andrea Kelly, sailed to Newcastle Island to collect garbage, recycle and educate. With many others joining them, the team cleaned up the old millstone quarry, some nearby woods and beach. Everything was sorted into recyclable, reusable and true garbage items and disposed of accordingly.

The **Playful Spirits**, coached by Barbara Davidson, fixed and distributed 30 Bikes for Tykes to children who otherwise would not have a bike. Donations of helmets, locks and expertise by Nanaimo Runners of Compassion, Tillicum Haus and Arrowsmith Bikes made it possible.

Feeding the hungry was the top priority of the **Visionaries**, coached by Michael Hill. They were able to raise \$400 by conducting a hot dog sale with the assistance of Thrifty Foods. They then donated these funds to Loaves and Fishes in Nanaimo.

Congratulations and thanks to all of you for contributing your time, energy and commitment to making a positive difference in our communities!