

In Partnership with
Context Associated
& Pathways
Learning
Group

Fall 2007

Excellence Seminars International

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A Newsletter for Graduates of the Excellence Series Courses

WHICH WOLF WINS? Creating the Results You Want

I often encounter people during their learning process who raise the question "When am I going to be done?" I often chuckle to myself, knowing that I too have raised this question. I frequently undertake new learning or revisit old learning, work hard, think I have it mastered and down the road – just when I think "I've got it" slip into old ways of being. Often frustrated with myself because "I know better", I remember why Context Associated is committed to lifelong learning. And what do I do?... I recommit to yet more learning and I reap the benefits of doing so.

About five years ago, Judy Revell shared the following story in her weekly newsletter:

"One evening an old Cherokee gazed at his grandson and recognized that the boy had a battle going on inside himself. He said, "My son, the battle within you is between two wolves."

"One wolf is evil: anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

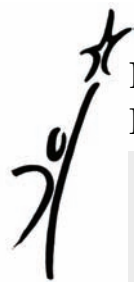
"The other wolf is good: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee replied, "The one you feed."

What I've discovered, is that staying in a process of lifelong learning helps me feed the good wolf. We often say, "Whatever I focus on with great intent is what I create!" Whether I'm leading the Pursuit of Excellence, training new Program Leaders or assisting one of our other programs, I always notice a realignment of my intention – yes... towards the good wolf! So, as we embark on a new year (September always feels like a new year to me even if it isn't technically so), consider what learning you are going to undertake. I love that Excellence Seminars International provides so many opportunities for new learning and for revisiting and internalizing old learning at a deeper level. Join us in strengthening the fabric of goodwill in your world by signing up to audit, assist or take a new program. When you do, you too will experience a realignment of your intentions and you too will accelerate the process of creating the results you want in your life.

Pam Lewis, Director



Excellence Seminars
International

Upcoming Introductory Sessions

Vancouver Island

(Registration: 7:15 pm, Start Time: 7:30 pm)

Wed, Sept. 5	Inn on Long Lake	Nanaimo
Wed, Sept. 19	Inn on Long Lake	Nanaimo
Tues, Oct. 9	Malaspina University (Royal Arbutus)	Nanaimo
Tues, Oct. 23	Inn on Long Lake	Nanaimo
Tues, Nov. 13	Malaspina University (Royal Arbutus)	Nanaimo

Vancouver Area

(Registration: 7:15 pm, Start Time: 7:30 pm)

Wed, Sept. 19	Best Western Coquitlam Inn	Coquitlam
Tues, Oct. 2	Park Plaza (898 West Broadway)	Vancouver
Wed, Oct. 17	Best Western Coquitlam Inn	Coquitlam
Wed, Nov. 7	Best Western Coquitlam Inn	Coquitlam

Seattle Area

(Registration: 6:45 pm, Start Time: 7:00 pm)

Tues, Sept. 18	Mercer Island Community Center	Seattle
Wed, Oct. 3	Mercer Island Community Center	Seattle
Tues, Oct. 16	Mercer Island Community Center	Seattle
Tues, Oct. 30	Bellevue Downtown Marriott	Bellevue

Celebrate The Winner of Our Blue Star Achievement Award!

The Blue Star Achievement Award is presented annually by Excellence Seminars International to someone who has demonstrated exceptional achievement and community contribution, since attending the Excellence Series. This year's recipient has made a remarkable contribution to advancing social justice and to preserving the environment. Come celebrate with the 2007 recipient of this Award at the Advancement of Excellence Commencement to be held at the Nanaimo Golf Club, November 3, 2007.

Falling In Love Again!



In the presence of fellow grads, their four children and key people from their wedding party of twenty-five years ago, Dan and Gloria Stevens surprised and delighted us all by recommitting to their wedding vows at Commencement held June 23rd at the Nanaimo Golf Club. Over the period of three months, from the Pursuit of Excellence to the Advancement of Excellence, they literally fell in love again. I don't think I was the only one that was inspired and in awe of what they created in their relationship. Thank you to both of you for taking the steps you have taken. You lead by example!

Welcoming Our New GM & Service Staff!

Delivering 27 programs in six months along with opening up Seattle in January 2007 alerted us of the need to add staff and to reorganize staff functions so that each of us are using our "core genius" and hence making our greatest contribution.

We are very pleased to welcome **Kathleen Carie, Matt Leibsohn and Jill Badger-Caldwell** to Excellence Seminars International. Kathleen joins us as our new General Manager. She has comprehensive experience in the training industry, is a polished, persuasive communicator and expert presenter. And, she is not new to our programs! Kathleen was Chief Operating Officer for Context Associated and worked directly with founder, Randy Revell, to open up 8 new profit centres across Canada and the United States. Randy's description of Kathleen as "an outrageously well-loved personality who brings new meaning to the words *fun* and *great results*" couldn't be truer. Needless to say, we are very pleased to have Kathleen on board!



Kathleen Carie



Matt Leibsohn



Jill Caldwell

Matt and Jill are taking on roles as Service Representatives in Seattle and Vancouver respectively. Matt has been a licensed psychologist in the Seattle area since 1992, working with adults, adolescents and couples. This, added to his experience as a seminar leader and his love of assisting people move forward in their lives makes him a perfect match for our company. Jill completed the Excellence Series in 1999 and ever since she has wanted to "give back". She will continue in her role as Vice-President of Volterre Wellness Corporations which provides new and innovative solutions to the wellness industry. However, she also looks forward to developing the Vancouver market and wants to bring the Excellence Series into Hawaii where she lives part-time. Yet another great addition to our ever-growing team!

PUBLIC COURSE OFFERINGS: Fall 2007 Schedule

Vancouver Area

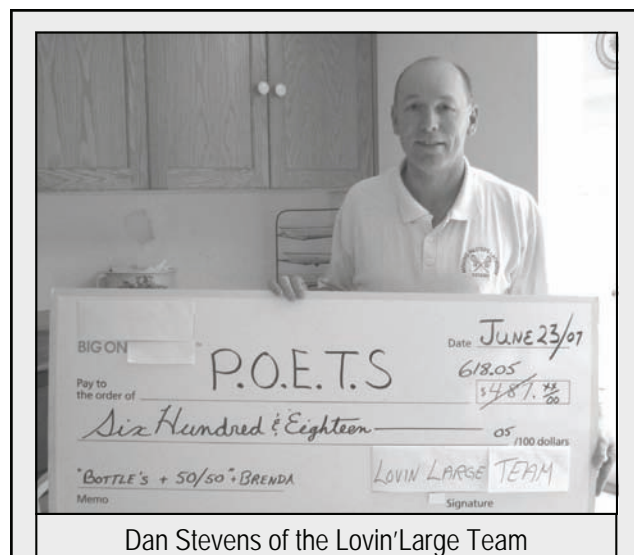
- ◆ **The Advancement of Excellence with Kim Nonis in Greater Vancouver:** Foundation Weekend (September 8-9), Relationship Weekend (October 13-14) take place at the Best Western Convention Centre in Coquitlam. Commencement takes place at the Executive Plaza Hotel & Conference Centre in Coquitlam on November 3. Weekly meetings are also scheduled.
- ◆ **The Pursuit of Excellence with Pam Lewis in Greater Vancouver** will take place from October 25-28 at the Best Western Convention Centre in Coquitlam.
- ◆ **The Wall with Carol Peringer in Vancouver** will take place from November 15-18 at the Park Plaza Hotel in Vancouver.
- ◆ **Vancouver Assisting Workshop with Cathy Demers** will take place from 10:00 – 2:00 p.m. on Saturday, October 20. Location TBA.

Vancouver Island

- ◆ **The Advancement of Excellence with Lorraine Jensen in Nanaimo:** Foundation Weekend (September 8-9) and Relationship Weekend (October 13-14) take place at Malaspina University-College (Bldg. 300, Royal Arbutus Room). Commencement takes place at the Nanaimo Golf Club on November 3. Weekly meetings are also scheduled.
- ◆ **Mastery I with Carol Peringer in Nanaimo** will take place from September 26-30 at the Tamagawa Centre.
- ◆ **The Pursuit of Excellence with Pam Lewis in Nanaimo** will take place from September 27-30 at Malaspina University-College (Bldg. 300, Royal Arbutus Room).
- ◆ **The Wall with Carol Peringer in Nanaimo** will take place from October 18-21 at the Tamagawa Centre.
- ◆ **Vancouver Island Assisting Workshop with Sandy Slovack** will take place from 10:00 a.m. – 4:00 p.m. on Saturday, October 27 in Nanaimo at the Lighthouse Bistro.
- ◆ **The Pursuit of Excellence with Pam Lewis in Nanaimo** will take place from November 1-4 at Malaspina University-College (Bldg. 300, Royal Arbutus Room).
- ◆ **The Wall with Carol Peringer in Nanaimo** will take place from November 29 – December 2 at the Tamagawa Centre.
- ◆ **Mastery II with Carol Peringer in Parksville** will take place from December 7-9 at the Quality Resort Bayside.

Seattle Area

- ◆ **The Advancement of Excellence with Kathleen Carie in Seattle:** Foundation Weekend (September 8-9), Relationship Weekend (October 13-14) and Commencement (November 3) take place at the Holiday Inn Issaquah. Weekly meetings are scheduled on Saturday mornings.
- ◆ **The Pursuit of Excellence with Pam Lewis in Seattle** will take place from October 18-21 at the Hotel Nexus.
- ◆ **The Wall with Carol Peringer in Seattle** will take place from November 8-11 at the Holiday Inn Issaquah.
- ◆ **Assisting Workshop with Roxanne Richardson** will take place from 1:00 – 5:00 p.m. on Saturday, October 27. Location TBA.



The Lovin' Large Team of Nanaimo's Advancement of Excellence is only one of many teams who have recently contributed to strengthening the fabric of goodwill in our communities. Our many thanks to all of you recent graduates and contributors!



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



Our Thanks to All Those Assisting Spring Programs!

The Wall (Nanaimo)

April 12-15, 2007

Ian Burnett Andrea Kelly
Catherine Dawe Lil Mitchell
David Hargrave Jeanene Pires

Mastery I (Nanaimo)

April 18-22, 2007

Albert Bruins Corona Nettles
Gerda Bruins Sandy Slovack

The Advancement (Vancouver)

April - June, 2007

Diane Haggarty Joni Martinson
Lucie Honey-Ray

The Advancement (Nanaimo)

April - June, 2007

Kathleen Anderson Catherine Dawe
Brenda Beston Corona Nettles

The Advancement (Seattle)

April - June, 2007

Roxanne Richardson Kerry Sim
Joel Skillingstead Maureen Stull

Pursuit of Excellence (Vancouver)

May 3-6, 2007

Noni Beran Eric Hillman
Larry Burke

Pursuit of Excellence (Parksville)

May 24-27, 2007

Brenda Beston Eva Grodt
Ian Burnett Dawn Tyndall
Reg Cluett Carrie-Anne Wagner

Pursuit of Excellence (Vancouver)

June 7-10, 2007

Albert Bruins Susan Ostermann
Carolyn Drugge Niki Vanker
Jeff Male

Inside Passage (Nanaimo)

June 7-10, 2007

Lorraine Jensen Andrea Schmidt

The Wall (Nanaimo)

June 14-17, 2007

Reg Cluett Lil Mitchell
Eva Grodt Jeanene Pires

The Pursuit of Excellence (Seattle)

June 14-17, 2007

Fred Bennett Greg Pang
Lisa Dubuque Terry Taylor
Caprice Leinonen Laura Schmalte
Rob Luck

The Wall (Vancouver)

June 21-24, 2007

Albert Bruins Laara Janzen
Gerda Bruins

Mastery II (Nanaimo)

June 30 - July 2, 2007

Noni Beran Sandy Slovack

Youth Pursuit of Excellence (Nanaimo)

June 30 - July 2, 2007

Tyler Bazant Yvette McKay-MacPhail
Mike Cullen Jeanene Pires
Sylvie Daigneault Bobbie Taylor
Scott McGougan Niki Vanker

Jr. Leaders:

Camron Barth Holly Graitson
Ulysses Coppert Megan Kaulis
Daniel Goldsmith Kyle McWilliams

The Wall (Seattle)

July 12-15, 2007

Fred Bennett Roxanne Richardson
Deanna Combs Lori Taylor
Marty Elmore Jane Thilo
Sallie McArthur

***Congratulations to
all of you and
thank you for your
great contribution!***

The overall assignment in the Advancement of Excellence is to create tangible, measurable results that show you are living large. As part of this, participants 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 team undertaking a project they would like to do during the eight weeks of the Advancement. In Seattle/Olympia, three projects were undertaken this spring, four were completed on the Island and one was done in Vancouver.

In **Seattle**, coached by Kerry Sim, **The Enterprisers** raised \$872 which was donated to support two people to take the Pursuit of Excellence. In addition, one team member donated a free Pursuit on her own. **The Rich Renegades**, coached by Joel Skillingstead, dedicated their team project to the Susan G. Koman Foundation in support of Breast Cancer research. Together, they raised over \$1500 by providing catering services for Relationship Weekend at the Advancement and by collecting donations from family and friends. In **Olympia**, the **Soaring Eagles**, coached by Maureen Stull, hosted a neighbourhood yard sale. In doing so, they succeeded in scrubbing each team member's space and they raised more than \$450 for the POET Society to support those without financial means to take the Pursuit of Excellence.

The Laser Eights, coached by Diane Haggarty, organized a clothing drive and put together 100 emergency hygiene bags to be distributed to women accessing services at the WISH Drop-In Centre in **Vancouver's** downtown eastside. Operated by women for women, this Centre serves sex trade survivors.

On the Island, we had four teams. **The Strong & Beautiful Progressive Shakers**, coached by Brenda Beston, held a Garage Sale which helped them with their "space-scrubbing" while raising over \$900 which they donated to POETS. Coached by Catherine Dawes, the **Nurturing Souls** spent 16 hours over three days painting the Boys & Girls club - a great uplift both to the facility and the kids attending programming there. **The Volcanic Expectations**, coached by Corona Nettles, undertook an uplifting project with Seniors. During their visit to a private Senior's home they not only connected with residents but also provided refreshments and entertainment. Finally, the **Lovin' Large Team**, coached by Kathy Anderson, raised over \$600 through both a 50/50 draw held at Commencement and through a bottle drive. These funds will continue to grow to support POETS as a perpetual account has been set up at Nanaimo's Bottle Depot.