

GRAD LINK

A Newsletter for Graduates of The Excellence Series Courses

MASTERY I & MASTERY II Are Back! Programs that Provide Powerful Life Direction & Meaning



Pam Lewis, Elisabeth Revell and Lorraine Freelund in Bellingham after opening discussions around Mastery I & II.

For those newer to the Excellence Series who don't know about these two programs, we offer a bit of background.

From a desire for a rich, fulfilling life, our personal and professional experience has led us to this position: Life has meaning. We are alive for one generic purpose. That is to make the fullest contribution possible. Each of our contributions is unique in that we are each here to fully express who we are. The more specific and targeted that contribution, the richer and more satisfying is one's life.

Our courses Mastery I & II are designed to assist graduates of The Excellence Series in answering the questions implied above. Some of those questions are:

- Why am I alive?
- What does my life mean?
- What is my unique contribution?
- What is my calling?
- What is the best way to spend myself?

Those who have not yet answered these questions for themselves will do so in Mastery. Those who believe they have answered these questions for themselves will confirm their accuracy in Mastery. The confirmation alone is more than worth the investment of time, money and energy.

Mastery is offered in two parts. The first, Mastery I, is conducted in a retreat setting over a five-day period from 6:00 p.m. on Wednesday through 5:00 p.m. on Sunday. Mastery II is offered in a program room setting, over a three-day period from Friday through Sunday.

As in all of the Context courses, in Mastery you can expect to be treated with the utmost of respect, to have fun and to meet some wonderful people, many of whom will become lifelong friends.

It is with great enthusiasm that we announce Vancouver Island Excellence Seminars will be delivering Mastery I and Mastery II beginning in September 2005!

It has been a long road (six years to be exact) that I have held the vision that Mastery I and II would become part of the repertoire of Graduate Courses we would offer on an on-going basis. Mastery I is cornerstone in my life in terms of defining who I am at my core and what particular unique contribution I have to make to the world. Mastery II is key in defining my life direction. Without having these two programs under my belt in 1990 and 1993 respectively, I do not

believe the Excellence Series would be delivered on Vancouver Island or in Vancouver today or for the past six years. **You can imagine why I wanted these two courses so badly!**

And so for all of those who have continued to badger me with the question of "When are we going to get Mastery I and II back?", happily, the answer is NOW! Interestingly, only a handful of people have been privy to this information, and we already have people signed up both to take the first offerings of these programs and to assist the first offerings later this year.

Our well-loved Program Leaders, **Carol Peringer and Arlene Rannelli**, will lead Mastery I. **Elisabeth Revell**, President of Context Associated, and I (**Pam Lewis**) will co-lead the first offering of Mastery II.

For more information about our special Introductory Package Offers for these programs, call 1-800-399-8081.

Pam Lewis

Phone (250) 755-7275 or 1-800-399-8081
Fax (250) 756-4411

INSIDE PASSAGE

Uncovering the Person You Were Meant to be Before Life Got in the Way

Inside Passage is an extraordinary program! It was co-created by Carol Peringer and Leigh Farrell, both of whom were long-time Program Leaders with Context Associated. It is an exciting, self-honouring and compassionate process that will help you create the best of who you are. It is different from any course you have ever taken and provides new content and learning in an interactive and joyful atmosphere.

Introductory Sessions for Inside Passage will be held in Vancouver (location TBA) on May 10, Victoria (location TBA) on May 10 and Nanaimo at the Lighthouse Bistro Banquet Room on May 11.

Enjoy wine, cheese and a great sense of community while finding out just how powerful *Inside Passage* is, particularly from those that have taken the journey.

Sessions start at 7:30 p.m. Early registration is recommended as space is limited in both the Vancouver and Nanaimo courses scheduled in June 2005.

COME CELEBRATE!



Nadia Wnuk, Program Leader, Service Representative for Vancouver and former Service Representative for Vancouver Island will be retiring from VIES on April 1, 2005. Join us in celebrating with

Nadia and be prepared to FULLY PARTICIPATE! This event takes place at the Dorchester Hotel in Nanaimo on April 1 from 8:00 p.m. – 1:00 a.m. AND, it coincides with our Six (6) Year Anniversary as a company! Bring your stories and wear your dancing shoes!

RSVP REQUIRED DUE TO FIRE REGULATIONS!

RSVP by March 28 to: lewisp@mala.bc.ca

PUBLIC COURSE OFFERINGS: A Schedule

Courses scheduled between April and July 2005 are as follows:

Vancouver Island Programs

The Advancement of Excellence with Sandy Slovack in Nanaimo: This course is open to anyone who has completed the Pursuit of Excellence and WALL for tuition of \$595. *Foundation Weekend* (April 23-24), *Relationship Weekend* (June 4-5) and *Commencement* (June 18) will take place at the Dorchester Hotel. *Weekly meetings* are normally scheduled on Thursdays.

The Pursuit of Excellence with Mardig Sheridan in Victoria will take place from May 5-8, 2005 at the Chateau Victoria Hotel & Suites.

The WALL with Carol Peringer in Victoria will take place from May 26-29, 2005 at the Chateau Hotel & Suites. **This program is subject to a minimum enrolment of 15 new participants.**

Assisting Workshop with Jody

Jennings in Duncan will take place Saturday, May 28, 2005 from 10:00 – 2:00 p.m. at the Travel Lodge Silverbridge Inn located in Duncan. This workshop is for Graduates of the Excellence Series interested in assisting programs.

The Pursuit of Excellence with Arlene Rannelli in Parksville will take place from June 2-5, 2005 at the Bayside Inn Resort.

Inside Passage with Carol Peringer in Nanaimo will take place from June 9-12, 2005 at the Ramada on Long Lake.

The WALL with Carol Peringer in Nanaimo will take place from June 23-26, 2005 at the Ramada on Long Lake.

The RESIDENTIAL YOUTH Pursuit of Excellence with Pam Lewis in Shawnigan Lake will take place from July 2-4, 2005 at Camp Narnia.

Vancouver Programs

The Advancement of Excellence with Lorraine Freelund in Vancouver: This course is open to anyone who has completed the Pursuit of Excellence and WALL for tuition of \$595. *Foundation Weekend* (April 23-24), *Relationship Weekend* (May 28-29) and *Commencement* (June 11) will take place at the Holiday Inn at 711 West Broadway. *Weekly meetings* are normally scheduled on Thursdays.

The Pursuit of Excellence with Arlene Rannelli in Vancouver will take place from May 12-15, 2005 at the Holiday Inn – 711 West Broadway.

Assisting Workshop with Leanne Clarkson in Vancouver will take place Wednesday, May 25, 2005 from 6:00 – 10:00 p.m. at 1850 Comox Street in Vancouver (Buzz # 127). This workshop is for Graduates of the Excellence Series interested in assisting programs.

The Pursuit of Excellence with Mardig Sheridan in Vancouver will take place from June 9-12, 2005 at the Holiday Inn – 711 West Broadway.

Inside Passage with Carol Peringer in Nanaimo will take place from June 16-19, 2005 at the Holiday Inn – 711 West Broadway.

The WALL with Arlene Rannelli in Vancouver will take place from June 23-26, 2005 at the Holiday Inn – 711 West Broadway.

Northwest Coast Programs

The Pursuit of Excellence with Arlene Rannelli in Prince Rupert will take place from April 14-17, 2005 at the Crest Hotel in Prince Rupert.

The RESIDENTIAL YOUTH Pursuit of Excellence with Pam Lewis in Haida Gwaii will take place from July 6-8, 2005 at Moresby Mountain Camp.

YOUTH PURSUIT OF EXCELLENCE

Teachers, Counsellors, Parents and Teens Comment on Great Results

During three days this past May, 29 youths from John Barsby changed their lives. At least that's what their parents, counselors and teachers say. What's more, the teens agree. The occasion was a program called the Pursuit of Excellence, a personal development program offered by Context Associated for the past 20 some years. In this case, the program fee was waived and the only expense charged to the teens was food and lodging at Camp Narnia. Those kids who couldn't afford it were assisted by a generous donation from the Runners of Compassion.

Pam Lewis, an educational counselor at Malaspina University-College, the program leader of the Pursuit of Excellence and the Director of Vancouver Island Excellence Seminars, was inspired by a young John Barsby student named Jeana Poorman. She had taken the Pursuit of Excellence in 2003 and wanted her fellow students to have the same experience.

"Someone who didn't know me and didn't know much about our programs told me that she (Jeana) was turning heads at John Barsby," Pam Lewis recalls.

"She had turned around from being a high risk kid to doing fairly well – and it just sat with me. I hear good news stories all the time but that one didn't go away."

A few weeks later Lewis heard that John Barsby had the worst record in the province in school performance. Lewis thought, "We need to do more" and that's when the idea of a free program began to gel in her mind. She talked to her administrative team who gave her their blessing and Lewis went to work to make it happen. Lewis talked to Kathy Reynes and Lisa Sunde, counselors at John Barsby and they arranged for a presentation to a large group of teachers and counselors who also gave it the nod.

Lisa Sunde herself had not taken the program and participated in it in preparation for accompanying the kids to Camp Narnia.

"The program has a way of changing how you approach life," Sunde says.

"It's difficult to come out of it without walking differently."

Even though a lot of the teens that were urged to go felt this program might be a cult, 29 teens took the chance. One of them was 17-year-old Shane Smith.

"One day Mrs. Reynes came to me and told me there's this teen Pursuit of Excellence," Smith recalls.

"I didn't really want to go to it. I didn't want to waste my time. But she kept on bugging me and I kept on getting forms to sign and I was throwing them out but then, I don't

know what happened but I signed the papers and I went. I wanted to go."

Lewis says that the 29 kids who went to Camp Narnia took a leap of faith. She describes the experience of leading the program as one of the top five in her life.

"I absolutely fell in love with the kids. They dealt themselves in fully. The level of discussion and their intelligence was wonderful."

Sunde says the real impact of the program showed up when the kids got back to school the day after the program.

"There was no doubt that something significant had happened. There had been a shared intimacy and there was a sense that we had just experienced something very important."

Kathy Reynes, who did not attend the program adds, "Shane was high as could be. Shane thanked me for nagging him. You could notice the kids in the hall – they had a glow about them."

Now that he has done the program, Shane Smith says, "I feel I can get up in front of millions of people and like I could sing to them all night. I'm just not afraid – I used to be afraid all the time. Now I'm happy."

Other teens report similar results. Norman Edgar, 18, says he has noticed a significant shift in his relationships and he particularly feels better about himself. Aidan Staddon, 19, says he came away with excellent tools and a better understanding of why people do what they do.

Given this success, Lewis has more plans. She wants to present a free Pursuit of Excellence to disadvantaged teens every fourth year and she also wants to offer a program called Inside Passage to the homeless. She is also planning on offering short modules of the Pursuit of Excellence to elementary schools. The Pursuit of Excellence is the stuff they don't teach in schools, she says, and many kids wish they did: life skills like accountability, responsibly, choice, keeping promises and so on. And the results are long lasting, she says. The skills stay with you for life.

Parents have been as thrilled with the program's results as the teachers and counselors at the school.

"Normally you don't get these kinds of calls from parents," Sunde says.

"For parents to call up and say they're so pleased and proud about the change in the kids – that's rare."

The next Pursuit of Excellence for teens (not a free one) takes place July 2 – 4 at Camp Narnia. For information, call 1-800-399-8081.

By Goody Niosi

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2005 Upcoming Introductory Sessions

DATE	LOCATION	
Tues, March 8	Accent Inns	Burnaby
Wed, March 9	Chateau Victoria Hotel	Victoria
Wed, March 16	Dorchester Hotel	Nanaimo
Wed, March 30	Chateau Victoria Hotel & Suites	Victoria
Wed, March 30	Holiday Inn	Vancouver
Tues, April 12	Ramada on Long Lake	Nanaimo
Tues, April 12	Accent Inns	Burnaby
Tues, April 19	Chateau Victoria Hotel & Suites	Victoria
Wed, April 27	Chateau Victoria Hotel & Suites	Victoria
Wed, May 4	Ramada on Long Lake	Nanaimo
Wed, May 11	Accent Inns	Vancouver
Tues, May 17	Ramada on Long Lake	Nanaimo
Wed, May 18	Chateau Victoria Hotel & Suites	Victoria
Thurs, May 26	Holiday Inn	Vancouver
Tues, May 31	Ramada on Long Lake	Nanaimo
Tues, June 7	Accent Inns	Burnaby
Wed, June 15	Bayside Inn Resort	Parksville
Wed, June 22	Holiday Inn	Vancouver

Michael Losier Receives First Annual Blue Star Achievement Award

On March 2, 2005, in front of a full house, Best Selling Author Michael Losier was presented with our First Annual Blue Star Achievement Award for outstanding achievement and contribution both locally and internationally.

This award was the “brainchild” of Graduate Andria Wingerter who proposed and donated the Blue Star Plaque shown in the photo. The VIES team embraced the idea and were delighted when Michael indicated he would accept the award in person at our Annual Event to thank those volunteering over the past year.

Michael will be back next year! He will be the presenter at our Annual Event. The topic, of course, will be the title of his book “The Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don’t Want”.



Andria Wingerter presents the First Annual Blue Star Achievement Award to Michael Losier.

Our Thanks!

The Advancement (Nanaimo)

January – March, 2005

Rachel Franklin
Bill Jennings
Janis Libby
Corona Nettles
Mike Pepler
Sandy Slovack
Carlos Sperling

The Advancement (Vancouver)

January – March, 2005

Albert Bruins
Nazreen Ishak

Inside Passage (Nanaimo)

January 27–30, 2005

Leslie Whittaker
Robyn Unwin

The Pursuit of Excellence (Victoria)

February 3–6, 2005

Ian Burnett
Ted Gardner
Sandy Slovack
Dawn Stewart
Stacey Vowles
Andria Wingerter

The Pursuit of Excellence (Vancouver)

February 10–13, 2005

Gerda Bruins
Brian Dickie
Joni Martinson
Ricki Sahota

The Wall (Victoria)

February 24–27, 2005

Ted Gardner
Sandy Slovack
Robyn Unwin

The Pursuit of Excellence (Nanaimo)

March 3–6, 2005

Don Brough
Ian Burnette
David Edgeley
Ann Hanson
Roy Jones
Andrea Kelly
D’arcy Mahoney
Leanne Molchan
Gail Soros

For more information on Michael Losier, visit his website at www.michaellosier.com. Thank you for attending our Annual Event in Nanaimo on March 2!

How to Reach Us & Find Out More ...



We can be reached as follows:

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Up-to-date information on Upcoming Courses and Introductory Sessions can be found on our website located at:

www.ExcellenceSeminars.com