

In Partnership with
Context Associated
& Pathways
Learning
Group

Spring 2006

Excellence Seminars International

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A Newsletter for Graduates of the Excellence Series Courses

Momentum Works

On many occasions, I have been heard to say "momentum works". Excellence is created one incremental step at a time. With each small step, forward movement is generated and with each small achievement, success breeds success. Concurrent to communicating this, I often share that a couple of my friends started a company dedicated to coaching clients to build and sustain the momentum required to create excellence. The name of the company is "Momentum Works".

And now, I get to introduce those two friends as colleagues! Cathy Demers joined our team at Excellence Seminars International as our new Business Manager and our newest Service Representative in Vancouver in January 2006 while Michelle Richardson is joining us as a new Program Leader, leading her first Advancement of Excellence starting April 2006. I am delighted, to say the least! We are attracting high calibre human beings with an incredible track record of success, both of whom are committed to lifelong learning.

Without a doubt, Cathy Demers is one of BC's brightest entrepreneurial stars for many years. After completing her post-secondary education in Economics and attending her first Pursuit of Excellence in 1986, Cathy racked up accomplishment after accomplishment winning numerous top performance awards at Microsoft followed by IBM. In 1994, she co-founded Electric Mail Company catapulting it forward to become one of the most successful technology companies in BC. In 1996, Cathy appeared in the top 40 under 40 for Business Awards in Vancouver and in 1998, she won the Woman Entrepreneur of the Year Award for Western Canada.

Drawn to the human potential movement, after her success at Electric Mail, she co-founded Momentum Works moving on after two years and now she has

joined us. In very short order, it is clear that Cathy is a catalyst for positive growth with the people she works with and in our business.

Michelle Richardson mirrors many of the same successes of her former business partner in Momentum Works, for which she is now Head Coach. Consistently exceeding sales and breadth targets at Microsoft for channel development, Michelle earned a North American Best Practices award. She also delivered an award-winning performance mentoring the Major and National account teams at Dominion Information Services. Her vision is to have a profoundly positive impact in the world and, as evidenced by her nomination for the 2005 YWCA of Vancouver Women of Distinction Award, she is doing just that. In addition to Momentum Works, Michelle leads the Radical Happiness Community for CoachVille, a worldwide leader in coach training, engages in many meaningful volunteer pursuits, and is an active supporter of the Canadian Cancer Society. Michelle is an accomplished athlete and like Cathy, is passionate about working with people to support their success both professionally and personally.

Needless to say, we consider ourselves very fortunate to have both Michelle and Cathy join our team at Excellence Seminars International. Together, we enthusiastically work to extend our reach to more and more people, assisting them in creating more meaningful and better results. The tie that binds us is our common vision and mission to strengthen the fabric of good will that exists in the world through commitment to lifelong learning. This mission, set close to 30 years ago by Randy and Judy Revell who co-founded Context Associated, is as meaningful to us today as it has been for the past three decades. Momentum is building... and momentum really does work!



Michelle Richardson
& Cathy Demers

Pam Lewis



Excellence Seminars
International

Upcoming Introductory Sessions

DATE	LOCATION
Wed, April 12	Sandman Hotel (180 W. Georgia) Vancouver
Wed, April 12	Inn on Long Lake Nanaimo
Wed, April 26	Inn on Long Lake Nanaimo
Thurs, April 27	Sandman Hotel (180 W. Georgia) Vancouver
Tues, May 16	Inn on Long Lake Nanaimo
Wed, May 17	Best Western Convention Centre Coquitlam
Tues, May 30	Inn on Long Lake Nanaimo
Tues, May 30	Sandman Hotel (180 W. Georgia) Vancouver
Wed, June 14	Dorchester Hotel Nanaimo
Wed, June 21	Best Western Convention Centre Coquitlam

POETS = 18 butts in chairs!

What does that mean, you might well ask? POETS, otherwise known as the Pursuit of Excellence Training Society, is a registered non-profit society. Following the tradition of the Walk Organization, formed during the early years by Context Associated grads, POETS was created by a group of Vancouver Island Excellence Seminars graduates. Our purpose is to raise and disburse bursary funds for people with limited financial resources to take the Pursuit of Excellence. This is our way of paying forward the gift of learning we received in the programs.

To blow our own horn, over the past 18 months, we have funded 18 participants into the POE, some of those into the Youth Program.

The exciting part is that several of these people have since gone on to attract the resources to attend the Wall and even the Advancement. Talk about strengthening the fabric of goodwill!

We are in the process of attracting some new energy, enthusiasm and ideas to POETS, we hope you are ready to notch it up and come on board!

Anyone who wants to can join, come play with us, together we can make a difference! Our next meeting is scheduled for Tuesday, April 25 at 7:30 pm at the home of Debbie Schug, 3162 Granite Park Road, Nanaimo, just off Departure Bay Road. Contact Debbie if you would like to attend, and need more directions or information, at (250) 751-8207 or by email at mermaid@parksville.net.

The Board of POETS looks forward to your full participation!

MASTERY I & II: Pinnacle in the Journey Towards Self-Actualization

Fall equinox was particularly special for Excellence Seminars International in 2005. On September 21st, 15 people along with Carol Peringer and a team of four assistants landed on Gabriola Island to embark on an incredible journey towards self-actualization. It had been six years to the month since the program had been delivered anywhere in the World. In early December, we concluded the year by delivering Mastery II for the first time ever.

I attended Mastery I in 1990 with Randy Revell. I remember Randy saying that many would take the Excellence Series. On Maslow's Hierarchy of Needs, he saw the Excellence Series being key in enhancing people's sense of self-acceptance and self-esteem. Randy went on to say that only a small percentage of people continue the journey towards self-actualization (the top level in Maslow's Hierarchy of Needs). Mastery I and II are phenomenal vehicles for doing that.

I would love to share the comments of so many who wrote to us after leaving Mastery II but Goody Niosi really sums up the value of the programs beautifully...

"From now on, when I enroll people into the Pursuit of Excellence, I shall do so with the express intention of getting them to Mastery II. I have been doing these courses (taking, assisting and leading) since 1989 and nothing has moved me and inspired me as much as this one. Mastery II is magical. Every piece of the puzzle fell into place for me – right back from the Pursuit, the Wall, Mastery I – all of it clicked into place and the puzzle is complete. The concepts, which had always made sense, are now embedded on a deep heart and soul level. I am now crystal clear about who I am and what I am meant to do in this world. The two most powerful things on earth to know – who you are and then, arising out of that, what you are meant to do – I know both of those at a deep, spiritual level. I feel strong and powerful. Not only that, I also know my deepest wounds and my largest fears. Having that awareness is tremendous. I could go on and on but I'll say just one last thing. A mere three days after completing the course and the practical, real life results are already pouring in. Goethe said, the minute one commits, providence moves too. Amen. I am a living example of that."



Our First Mastery II Graduates, December 2005

PUBLIC COURSE OFFERINGS: Spring & Summer Scheduling

Vancouver

The Advancement of Excellence with Michelle Richardson in Vancouver: This course is open to anyone who has completed the Pursuit of Excellence and WALL. Foundation Weekend (April 22-23), Relationship Weekend (May 27-28) and Commencement (June 17) take place at the Best Western Convention Centre, in Coquitlam. Weekly meetings are normally scheduled on Thursdays.

The Pursuit of Excellence with Arlene Rannelli in Greater Vancouver will take place from May 4-7, 2006 at the Best Western Convention Centre in Coquitlam.

The Wall with Arlene Rannelli in Greater Vancouver will take place from May 25-28, 2006 at the Best Western Convention Centre in Coquitlam.

Assisting Workshop with Carole de Champlain: 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 June 3, 2006. Location TBA.

The Pursuit of Excellence with Pam Lewis in Vancouver will take place from June 8-11, 2006 at the Best Western Convention Centre in Coquitlam.

The Wall with Carol Peringer in Greater Vancouver will take place from July 13 - 16, 2006 at the Best Western Convention Centre in Coquitlam.

Vancouver Island

Mastery I with Arlene Rannelli on Gabriola Island will take place from April 5-9 at the Surf Lodge.

The Advancement of Excellence with Lorraine Jensen in Nanaimo: Foundation Weekend (April 22-23), Relationship Weekend (May 27-28) and Commencement (June 17) take place at the Dorchester Hotel in Nanaimo. Weekly meetings are normally scheduled on Thursdays.

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 – 2:00 p.m. on Saturday, June 3, 2006 in Duncan at the Travel Lodge Silver Bridge Inn.

The Pursuit of Excellence with Pam Lewis in Parksville will take place from June 1-4, 2006 at the Quality Inn Bayside.

Inside Passage with Carol Peringer in Nanaimo will take place from June 8-11, 2006 at the Inn on Long Lake.

The Wall with Carol Peringer in Nanaimo will take place from June 22-25, 2006 at the Dorchester Hotel.

Mastery II with Carol Peringer in Nanaimo will take place from July 1-3, 2006 at the Inn on Long Lake. **The Residential YOUTH Pursuit of Excellence with Pam Lewis in Shawnigan Lake** will take place from July 1-3, 2006 at Camp Narnia.

The Pursuit of Excellence with Pam Lewis in Parksville will take place from July 6-9, 2006 at the Quality Inn Bayside.

YOUTH PURSUIT! July 1-3, 2006

Once again, Excellence Seminars International, in partnership with Camp Narnia, is pleased to offer our **Residential Pursuit of Excellence for Youth** ages 15-19.

This program is pivotal for youth who want to set a foundation to be leaders in their lives. Comments by both youth graduates and their parents indicate participants leave with increased self-confidence, enhanced communication and conflict resolution skills, and a stronger ability and sense of responsibility to take charge of their lives. They also leave with new friends from all over B.C. and other parts of Canada and U.S. that they stay in contact with!

Tuition is \$595 plus GST which includes food and lodging. As well, participation in the Youth Pursuit entitles participants to "audit" both the Adult and Youth Pursuit of Excellence, paying only for food and lodging.

Please note that the group size for this program is limited so early registration is suggested.

Last Call for Nominations!

Excellence Seminars International is calling for nominations for its annual Blue Star Achievement Award. This award is open to all graduates of The Pursuit of Excellence and is given for outstanding achievement and contribution to strengthening the fabric of good will that exists in the world. The Pursuit of Excellence was created by Context Associated founder, Randy Revell, who worked tirelessly to increase good will in the world.

Last year's winner of this prestigious award was Canadian best selling author and seminar leader, Michael Losier. Losier, who is perhaps best known for his blockbuster hit "The Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't," is a graduate of the Excellence Seminars and credits them with starting him on his road to success.

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

The overall assignment in the Advancement of Excellence (the third and final course in the Excellence Series) is to create tangible, measurable results that show you are living large. As part of this, participants are asked to strengthen the fabric of good will through making a contribution to their community. This is done in teams with each team deciding on a project they would like to undertake during the eight weeks of the Advancement. Two projects were undertaken this winter in Vancouver while four were completed on the Island.



Joanne & Ryan with Team Fo/cus in Vancouver

In **Vancouver**, we had two teams. The first team, coached by Darren Kaulius, called themselves **The Life Champions**. This team collected and donated nine green garbage bags of clothing to Recovery Houses in the Lower Mainland; collected and donated 73 pounds of food to the Greater Vancouver Food Bank; and volunteered an evening at the food bank packaging food for families in need. In addition, individuals within the group gave blood, sponsored a child through World Vision and volunteered at the Cardova Detox Centre.

The **Fo/cus Team** chose to assist an organization called The Share Family & Community Services Society whose mission is to provide and mobilize the resources needed to strengthen families and communities. Coached by Cathy Demers, this team assisted the Thrift Sort, sorting and tagging clothing and toys, decorating and doing whatever lifting and moving they required. In addition Fo/cus raised money and

food donations for their food bank.

On the Island, we had four teams. **The Slime Busters**, coached by Jana Cline, participated in a beautification project in Victoria, pulling out and hauling broom from Little Mount Douglas Park for the Gary Oak Restoration Project.

The Goal-Getters, coached by Carlos Sperling, collected and donated armloads of clothing (duds) and buckets of potatoes (spuds), their big hearts and their "Consider it Done!" attitude, to pitch into the monthly Spuds and Duds event organized by Advancement alumnus, Evelyn Schmidt. They assisted with this event to support the city's less fortunate each month over the course of the Advancement.



The Northern Lights AOE team held a Beverage and Burger Night Fund Raiser in Nanaimo to benefit the Ergondragons Boating and Fitness Club. With the combined efforts of the club and our team's 4

intrepid members we succeeded in raising about \$3500, through ticket sales, a silent auction and 50-50 draw.

The Engines That Could team went to Loaves and Fishes and spent an evening sorting donating food into family sized portions. They have also committed to continuing to volunteer doing the same thing on a monthly basis.

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



Our Thanks to All Those Assisting Winter Programs!

The Advancement of Excellence (Vancouver) January - March, 2006

Cathy Demers Donald Ross
Darren Kaulius

The Advancement of Excellence (Nanaimo) January - March, 2006

Kathy Anderson Andrea Kelly
Wendell Clark Andrea Schmidt
Jana Cline Carlos Sperling

Inside Passage (Vancouver) January 19-22, 2006

Carole de Champlain

Inside Passage (Nanaimo) January 26-29, 2006

Lora Teuschler
Andria Winters

Pursuit of Excellence (Port Alberni) February 20-23, 2006

Darlene Coulson Debbie Schug
Tanya Horne Geoff Wildbur
Lil Mitchell

Pursuit of Excellence (Victoria) February 23-26, 2006

Kathy Bingham Dawn Stewart
Wendell Clark Stacey Vowles

Pursuit of Excellence (Nanaimo) March 2-5, 2006

Koren Bear Tanya Horne
Barbara Davidson Jim Pickell
Greta Fever Linda Ulrich
Michael Hill Andria Winters

Pursuit of Excellence (Vancouver) March 2-5, 2006

Carrie Clarke Ricki Sahota
Cathy Demers Val Richards
Brian Dickie Michelle Richardson
Kim Nonis Mike Teed