

# GRAD LINK

A Newsletter for Graduates of The Excellence Series Courses

## Congratulations Context Associated!

Wow... 23 years have passed since Randy and Judy launched Context Associated with the aim of "strengthening the fabric of goodwill that exists in the World through commitment to lifelong learning". And what a 23 years...

It all started with a one day workshop and over time grew to include the Excellence Series as well as Graduate and Leadership courses. It all came from the vision and commitment of two people, Randy and Judy Revell, who were willing to put themselves on the line for what they believed would be their contribution to the world. And, if you are receiving this newsletter, you have been a beneficiary of their contribution as have tens of thousands of people all over North America and in places as far off as Israel, Russia, Hong Kong and Australia.



Randy and Judy Revell, Co-Founders of Context Associated.



Celebrating with the Revells in Kelowna on the eve of Context Associated 23rd Anniversary. From left to right, Randy Revell, Lora Teuschler, Pam Lewis, Nadia Wnuk, Judy Revell, Anne Sands & Tim Sullivan.

As I contemplate the impact two people have made, along with all those that have joined in and shared the Vision of Context Associated over the years, I am awed and I am inspired. I am one of the foot soldiers who is committed to lifelong learning and to creating avenues through which people can learn, transform and in the process contribute their unique gifts to the world. I am also filled with gratitude! I appreciate the courage, the fortitude and the perseverance it has taken for the Revells to remain true to their dream and committed, no matter what.

And so, Randy and Judy, I believe I speak what many would love to express...

*Thank you both so much and cheers to another 23 years! Our best wishes...*

Pam, Anne, Lora, Nadia

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# PUBLIC COURSE OFFERINGS: A Schedule

Courses scheduled on Vancouver Island between January and April 2002 are as follows:

**The Advancement of Excellence with Anne Sands:** This course is open to anyone who has completed the WALL, Mastery I or 21st Century Leadership for a tuition of \$495. It is also open to people who have completed the Excellence Series or graduate courses who are wanting to audit the course. *Foundation Weekend* (January 19–20), *Relationship Weekend* (February 16–17) and *Commencement* (March 9). *Weekly meetings* are normally scheduled on Thursdays.

**The Pursuit of Excellence with Anne Sands:** The Pursuit of Excellence will take place from *February 7–10, 2002* at the Bayside Inn Resort in *Parksville*.

**The Pursuit of Excellence with Arlene Rannelli:** The Pursuit of Excellence will take place from *February 21–24, 2002* in *Prince Rupert, B.C.*

**The Pursuit of Excellence with Arlene Rannelli:** The Pursuit of Excellence will take place from *March 7–10, 2002* at the Dorchester Hotel in *Nanaimo*.

**Assisting Workshop with Jody Maxon:** Graduates of the Excellence Series are invited to get involved assisting programs. The next Assisting Workshop is scheduled for *Saturday, March 2* from *9:00–1:00 p.m.* at the Dorchester Hotel in *Nanaimo*.

**The WALL with Arlene Rannelli:** The WALL will take place from *April 4–7, 2002* at the Dorchester Hotel in *Nanaimo*.

## New Year's Introductory Session

We invite all Context Associated graduates and their guests to a New Year's Introductory Session on the Pursuit of Excellence. This session focuses both on setting goals for the New Year and on introducing new people to Context programs.

This session will take place at the Long Lake Inn in Nanaimo. As usual, registration will begin at 7:00 and the Introductory Session will begin at 7:30 p.m.

**Refreshments and a Social Gathering will follow.**

## 2002 Upcoming Introductory Sessions

DATE	LOCATION	
Wednesday, January 9	Long Lake Inn	Nanaimo
Tuesday, January 22	Dorchester Hotel	Nanaimo
Wednesday, January 23	Executive House Hotel	Victoria
Tuesday, January 29	TBA	Campbell River
Wednesday, February 6	Dorchester Hotel	Nanaimo
Tuesday, February 19	Bayside Inn	Parksville
Wednesday, February 27	Executive House Hotel	Victoria
Wednesday, March 6	Dorchester Hotel	Nanaimo
Tuesday, March 26	Dorchester Hotel	Nanaimo

# Dare to Dream Again!

At some point in our lives, at least early on, many of us dared to dream. We dreamed of who and what we would become. We dreamed of the rich relationships we would create. We dreamed of how we would contribute to others and our world. But, somewhere along the line many of us chose to play it safe.

We may have been told our dreams just weren't realistic. Perhaps we were not taught to believe in ourselves. Maybe we did risk anyway, but we also had some failures, some pain. We started to hold back, imperceptibly at first, to protect ourselves. We told ourselves some version of "it was just a pipedream of the young and idealistic" or "it just wasn't that important". We started to play small.

Maybe we tried again to pursue what we wanted, on and off. We encountered more pain, we backed off, then backed off some more. We created self-imposed walls and, sadly, we learned to live within them. In doing so, we abandoned our hopes, our desires and our dreams. We killed our passion. We stifled who we were at our very core... all in the name of staying safe!

I know all of this because I have lived it. Twelve years ago, though, I started to turn the tide towards life and fully living. It started with taking a course called The Pursuit of Excellence. Excellence, by the way, is self-defined... it is not some external measure but an internal one that holds great meaning.

In the Pursuit of Excellence I was exposed to some great principles for living, I learned some very useful skills but most importantly, I learned new ways of thinking that have put me into the drivers seat in my life. Now, I spend less and less time at effect and more and more time at cause. I spend less and less time reacting to what life brings and

more and more time creating what I want. I spend less and less time feeling numb and more and more time living passionately.

I went onto take other courses offered by Context Associated, where I became very clear about my purpose in life, what drives me, what I stand for and what unique contribution I have to make here on earth. I have continuously moved forward... or at least taken more steps forward than I have back.

In the last six months, with a clear decision to actualize a dream of twelve years to lead the Pursuit of Excellence, I have pushed through more self-imposed walls than I have in a lifetime. WOW!

Now, let me tell you... it hasn't always been pretty! I've had to risk cherished beliefs I hold about myself that I am competent and I

have had to risk looking the fool. I've experienced success and, yes, I have had set-backs. But, I have stretched myself... I am living large, not small. I am experiencing passion like I had forgotten existed. And, I am absolutely sure I am in the process of creating what I'm certain is most important to me.

And so, if you have forgotten your dreams or if your life is not as rich and full and passionate as you had envisioned, I encourage you to dream again and to take a step towards actualising your vision. Step outside your comfort zone and make your life about being in the process of creating what you are certain is most important to you! Based on my experience, the risk is certainly worth the reward!

**Pam Lewis,**  
*Director & Program Leader*  
*Vancouver Island Excellence Seminars*



*Pam Lewis, Anne Sands, Nadia Wnuk and Lora Teuschler not only share a common vision and common work but have loads of fun in the process.*

# OUR THANKS

We would like to wholeheartedly thank all those who have assisted programs since our last Newsletter. Our thanks go to:

## The Wall

June 21–24, 2001

Shelley Jackson  
Pam Lewis  
Corona Nettles  
Carlos Sperling  
Nasrolla Younessi

Wayne Mulchan  
Kerry Sim  
Donna Townsend  
Sherry Conway

## Advancement of Excellence

September 29 – November 24, 2001

Michelle Belanger  
Jody Maxon  
Mike Pepler  
Carlos Sperling  
Alice Van Blockland

## The Wall

November 8–11, 2001

Margaret Humphries  
Wayne Mulchan  
Kerry Sim  
Donna Townscend  
Sherry Conway

## The Pursuit of Excellence

October 18–21, 2001

Jim Gray  
Margaret Humphries

## The Pursuit of Excellence

November 15–18, 2001

Michelle Belanger  
Kathy Longo  
Gordon Nettles  
Deb Rayburn  
Debbie Sommer  
Brian Wnuk

# A Special Thanks to TOM OLSEN

We are in the process of planning our first delivery of the Pursuit of Excellence in B.C.'s Northwest.

It has been the dream of a few of our Graduates to get a course going up north and now it looks like it will come to fruition early in 2002.

It was the generous offer by Tom Olsen to fly someone up from Vancouver Island Excellence Seminars to meet with people and do some Introductory Sessions in Prince Rupert and Terrace that provided the final impetus for VIES to commit to a Northern program.

Our thanks to you TOM, for contributing to this project and for your ongoing commitment to the mission of Context Associated!!!

## Coaching Service with ANNE SANDS

Coaching assists people in defining their path, outlining a step-by-step ACTION PLAN to reach their goals and it inspires and supports people to take those action steps.

For those wanting to "fast-track" their movement forward, coaching is available to graduates of the Pursuit of Excellence.

For more information and to make an appointment, call Anne at (250) 752-1697.

## How to Reach Us & Find Out More ...



We can be reached as follows:

In Nanaimo: (250) 755-7275  
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Up-to-date information on Upcoming Courses and Introductory Sessions can be found on our website located at:

[www.TakeThePursuit.com](http://www.TakeThePursuit.com)