

Why Am I Here? LIVING A LIFE THAT MATTERS!

It seems to me like many people I know are asking the question, "What is my purpose? What am I here to do?" Even the November issue of the Oprah Magazine addresses it on the front cover. So why is this so important to people? Why is it that no matter what age people are, they are continually searching for their calling?

As a rabbi, Harold Kushner tends to many people in their final days. In his book, *Living a Life that Matters*, he shares this revelation from his experiences: "Most people are not afraid of dying; they are afraid of not having lived. What frightens them more is the dread of insignificance, the notion that we will be born and live and one day die and none of it will matter."

This I understand. My calling is like an ache within me, waiting to be fulfilled. It is not a title at work, or a corner office. It is not a bigger house or a new car. It is my soul's yearning to live a life that matters, a life in which I can share my unique gifts with the world, contribute and leave my mark.

Mastery I was a gift to me. In revealing and declaring my STAND, I experienced an immediate shift in my level of personal fulfillment. I found the soul in my daily work, as I journeyed towards doing my soul's work.

Mastery I offers a celebratory experience of the uniqueness of each individual, of the contribution that each one is to the world and the magnitude and magnificence of life. Why identify your STAND? Many cultures honor the individual in naming ceremonies. In sense, naming your STAND accomplishes the same end. It identifies the gift that is rooted in your heart. It is the fullest expression of who you are.

It was not until I attended Mastery I that I truly fathomed the kind of life that was available to me. It was a natural progression after completing the Excellence Series, that I found myself more open to the question, Why am I here? In fact, Mastery was created in response to graduates asking for "something more", and that something more is personal meaning in life.

What kind of life do you want to live? How will you leave your mark, and contribute your unique identity; the one-of-a-kind, irreplaceable gift that you are to the world?

Mastery I is held in a retreat setting over 5 days, and is the only residential program we offer. For more information about the next program offered in April 2011, please contact your Service Representative, visit www.excellenceseminars.com or join us at a Wine & Cheese Introductory Session in January.

Christina Bianchini

Year of Your Dreams: The Best Thing Since Sliced Bread!



2010 Participants Boldly Setting Their Stake for the Year!

WOW... I have now attended two offerings of “Year of Your Dreams” and as my kids would say, I’m “stoked” to be attending again on January 15th, 2011 to set my STAKE for the New Year!

In The Excellence Series, one of the key concepts we teach is that everything starts with my intention. Conscious or unconscious, my results flow from my intention. When I don’t have a clear conscious intention, most certainly, my unconscious intention will dominate. Sometimes it does anyway.

Traditionally, people start a year by setting New Year’s Resolutions. Often they are an undirected mishmash of ideas soon forgotten. Imagine, though, being crystal clear on what you want your year to be about... so much so that it becomes the launching pad for everything you do and create.

It comes the concept of My Stake for the Year. My Stake is one of the last new concepts that Randy Revell, founder of Context Interna-

tional and developer of the Excellence Series, introduced. He noticed that even those who have revealed their Life Calling through Mastery II had a challenge focusing their intention for a single year.

My Stake is my compass, my guide. Not only does it help in making choices to move me forward in creating what I really want but because it is set so powerfully, it engages my unconscious in such a way to bring me everything I require to realize my intention. “A 1000 unseen hands,” as Joseph Campbell notes, “will come to my aid”!

And so, the power of your unconscious awaits your instructions. Join us at 2011 Year of Your Dreams to set your intention strongly and manifest more than many of us can possibly imagine! Bring your friends and family. This course is open to both graduates and non-graduates.

Pam Lewis

Wine & Cheese Graduate Program: Introductory Sessions

Enjoy wine, cheese and a great sense of community while finding out about Inside Passage, Mastery I & II, the ultimate tools to move towards SELF-ACTUALIZATION!

- **January 20, 2011 at 7:30 pm in Nanaimo:** Home of Pam Lewis
- **January 27, 2011 at 7:30 pm in Greater Vancouver:** Location TBA.



Mastery II Participants Celebrating Their Calling!

PUBLIC COURSE OFFERINGS: Winter Scheduling

VANCOUVER AREA

The Advancement of Excellence with Robyn Unwin in Greater Vancouver: Foundation Weekend (January 8-9), Relationship Weekend (February 5-6) and Commencement (March 5) take place at the Executive Plaza Hotel, Burnaby. Weekly meetings are also scheduled.

Year of Your Dreams with Elisabeth Revell in Surrey will take place on January 15, 2011 at the Eaglequest Coyote Creek Golf Club (7778 152nd Street, Surrey).

The Pursuit of Excellence with Kim Nonis in Vancouver will take place from January 20-23, 2011 at the Holiday Inn (711 West Broadway).

The Wall with Kim Nonis in Greater Vancouver will take place from February 17-20, 2011 at the Executive Inn Burnaby.

Assisting Workshop with Christina Bianchini: The Vancouver Assisting Workshop is scheduled from 9:00-1:00 p.m. on Saturday, February 19, 2011. Location TBA.

The Pursuit of Excellence with Kim Nonis in Greater Vancouver will take place from March 3-6, 2011 at the Executive Inn Burnaby.

The Wall with Carol Peringer in Greater Vancouver will take place from March 31-April 3, 2011 at the Inn on the Quay.

Mastery I with Carol Peringer in Greater Vancouver will take place from April 6-10, 2011 at the Springbrooke Retreat Centre in Langley.

Mastery II with Larry Reymore Greater Vancouver will take place June 10-12, 2011. Location TBA.

The Youth Pursuit of Excellence with Pam Lewis in Surrey will take place from July 1-3, 2011 at Alexandra Neighbourhood House (2916 McBride Ave).

VANCOUVER ISLAND

The Advancement of Excellence with Wanetta Beal in Nanaimo: Foundation Weekend (January 15-16), and Relationship Weekend (February 12-13) take place at the Vancouver Island Convention Centre and Commencement (March 5) takes place at the Quality Inn Bayside in Parksville. Weekly meetings are also scheduled.

The Pursuit of Excellence with Pam Lewis in Nanaimo will take place from January 27 - 30, 2011 at Vancouver Island Conference Centre.

Assisting Workshop with Michelle Ross: The Vancouver Island Assisting Workshop takes place from 9:00 - 1:00 p.m. on Saturday, February 26, 2011 at Origins at Longwood (6205 Oliver Road), Nanaimo.

Inside Passage with Carol Peringer in Nanaimo will take place from February 17-20, 2011 at the Inn on Long Lake

The Wall with Lorraine Jensen in Nanaimo will take place from February 24-27, 2011 at the Tamagawa Centre on Holdon Lake.

The Pursuit of Excellence with Wanetta Beal in Parksville will take place from March 10-13, 2011 at the Quality Inn Bayside.

The Wall with Lorraine Jensen in Nanaimo will take place from April 7-10, 2011 at the Tamagawa Centre on Holdon Lake.

PRINCE RUPERT

The Pursuit of Excellence with Trish Dyck in Prince Rupert will take place January 13-16, 2011 at the Coast Hotel.

The Wall with Lorraine Jensen in Prince Rupert will take place February 3-6, 2011 at the Coast Hotel.

The Advancement of Excellence with Trish Dyck in Prince Rupert: Foundation Weekend (February 19-20) & Relationship Weekend (March 12-13) take place at the Coast Hotel. Commencement (April 9, 2011) takes place at the Crest Hotel.

The Pursuit of Excellence with Trish Dyck in Prince Rupert will take place March 31 - April 3, 2011 at the Coast Hotel.

The Wall with Lorraine Jensen Prince Rupert will take place April 14-17, 2011 at the Coast Hotel.

YUKON AREA

Advancement of Excellence with Lorraine Jensen will take place in Whitehorse: Foundation Seminar (January 11-13) & Relationship Seminar (February 8-10) take place at the Westmark Whitehorse Hotel. Commencement (March 5), location TBA. Weekly meetings are also scheduled.

Mastery II with Larry Reymore will take place in Teslin February 8-10, 2011 at the Heritage Centre.



2011 UPCOMING INTRODUCTORY SESSIONS

DATE	LOCATION	
PRINCE RUPERT		
Thurs. Jan. 6	Coast Hotel	Prince Rupert
Wed. Jan. 26	Coast Hotel	Prince Rupert
Tues. Mar. 1	Coast Hotel	Prince Rupert
Wed. March 16	Coast Hotel	Prince Rupert
Wed. Apr. 12	Coast Hotel	Prince Rupert
VANCOUVER		
Wed. Jan. 12	Holiday Inn (711W. Broadway)	Vancouver
Wed. Feb. 2	Holiday Inn (711 W. Broadway)	Vancouver
Wed. Feb. 16	Executive Inn Burnaby	Burnaby
Wed. Mar. 16	Executive Inn Burnaby	Burnaby
VANCOUVER ISLAND		
Tues. Jan. 18	Inn on Long Lake	Nanaimo
Wed. Feb. 9	Vancouver Island Convention Centre	Nanaimo
Wed. Feb. 23	Quality Inn Bayside	Parksville
Wed. Mar. 23	Quality Inn Bayside	Parksville

CONTRIBUTION CORNER: Strengthening the Fabric of Good Will in the World...

Our Thanks to All Those Assisting Fall Programs!

The Wall (Vancouver) June 24-27, 2010

Albert Bruins
Anuschka Naidoo
Christina Testani
Lara Buerge
Moirra McNicol
Patricia Jewer

Youth Pursuit (Nanoose Bay) July 2-4, 2010

Christopher Shopland
Lincoln MacKay
Misty Jackson
Rachel Higgins
Scott Lewis
Shelley Frey
Tyler Bazant

Pursuit of Excellence (Vancouver) July 8-11, 2010

Bryson Humphrey
Donna Gratton
Elaine Morthaler
Henry Ostermann
Leo Esteban
Melanie Burgon
Nicole Masztalar
Vic Rittinger

The Wall (Nanaimo) July 8-11, 2010

Christie Ball
Lil Mitchell
Tanya Horne

The Wall (Vancouver) August 5-8, 2010

Carla Swope
Debra O'niel
Donna Gratton
Henry Ostermann
Lesli-Ann Miele
Nicole Masztalar
Sienna Geary

Youth Pursuit (Champagne, Yukon) August 10-12, 2010

Angie Charlebois
David Edgeley
Josh Darbyshire
Kelly Boyd
Kelly Morris

Pursuit of Excellence (Dawson City) September 8-11, 2010

Cheryle Patterson
Lee Turner
Louise Dregger
Lucie Honey-Ray

Advancement of Excellence (Vancouver) September – November 2010

Bill Drake
Christina Bianchini

Corinne Dixon
Douglas Miller
Elaine Morthaler
Greg Kerrie
Henry Ostermann
Karly Male

Inside Passage (Vancouver) September 16-19, 2010

Carole Caddy
Laara Jentzen

Pursuit of Excellence (Vancouver) September 23-26, 2010

Brian Dickie
Caroline Howes
Corinne Dixon
Della Lee
Mike Kowalchuk

Pursuit of Excellence (Nanaimo) September 30 – October 3, 2010

Joan Miller
Kelly Carter
Ken Thompson
Libbie Morin
Michael Hill
Norm Uno
Tanya Horne

The Wall (Dawson City) October 13-16, 2010

Angie Charlebois
Cheryl Patterson
Lil Mitchell

The Wall (Vancouver) October 14-17, 2010

Alice Van Blokland
Della Lee
Marylynn Wind
Niki Vanker

Pursuit of Excellence (Prince Rupert) October 14-17, 2010

Constance Eby
Mary Allen
Pam Lemon
Paul McWilliams
Trish Dyck

The Wall (Nanaimo) October 21-24, 2010

Angus Ross
Karen Knorr
Ken Thompson
Natasha Koch
Suzan Briggs
Tanya Horne

Mastery I (Deep Creek, Yukon) November 1-5, 2010

Angus Ross
Michelle Ross
Pat Downey
Tanya Horne

Pursuit of Excellence (Vancouver) November 4-7, 2010

Albert Bruins
Chester Kwok
Kim LaBreche
Niki Vanker
Rachel Buerge
Rose Melzer

The Wall (Prince Rupert) November 4-7, 2010

Adeline Ignas
Paul McWilliams
Rod Fowler
Trish Dyck

Advancement of Excellence (Dawson City) November 2010 – January 2011

Cheryle Patterson
Lesli-Ann Miele

Pursuit of Excellence (Parksville) November 11-14, 2010

Brenda Forbes
Dan Judson
Ev Schmidt
Heidi Ehrismann
Laura Bentley
Libbie Morin
Liz Olson
Paul Hazell

Trish Dyck, Service Representative
and Program Leader



We're Back In Prince Rupert!

Many of you will remember that we delivered a number of courses in Prince Rupert over a couple of years, early in this decade. With the economic downturn, particularly in the Forestry Industry, I did not expect to return any time soon but then I didn't know Trish Dyck now lives in Prince Rupert.

Trish Dyck has led courses in The Excellence Series since 1991 and she is a fireball of energy. She approached us last spring to offer The Excellence Series at least once more in Prince Rupert. Given her passion for the courses and the fact that we have broad support in the Prince Rupert community, how could I say no!

With the help of a few committed graduates, Trish did an incredible job of attracting enough interest to offer the Pursuit of Excellence. Then came The Wall and there is truly a buzz about town regarding these exciting workshops. There is another Pursuit of Excellence offered in January and so it grows! The community is on fire! Even though Prince Rupert is one of the more economically depressed areas of the Province, the commitment of many has brought Trish's dream to make a difference in her community to fruition. Our hats off to Trish and to the Prince Rupert team for the incredible work and results you are creating!