

ITEMS OF INTEREST

*A Monthly Newsletter for Leadership Institute of Seattle
Alumni, Faculty, Students, Staff and Friends*



September 1, 2009 • Issue #99

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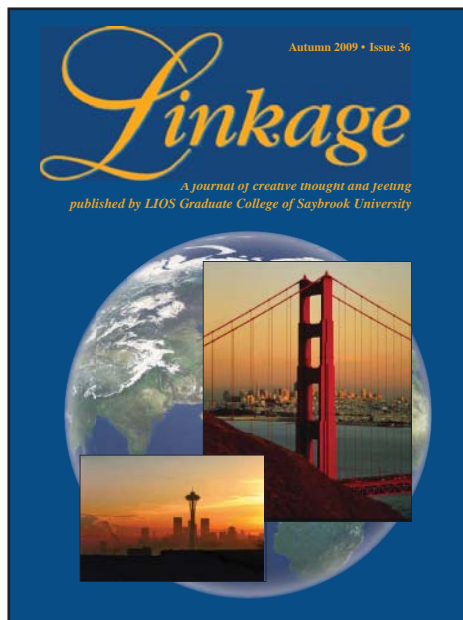
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ITEMS OF INTEREST
is published once a month.
Send all submissions to
liosinfo@lios.org. Monthly
deadlines are published on
last page of each issue.

LIOS / SAYBROOK
4010 Lake Washington Blvd.
Kirkland, WA 98033
Phone: 425-968-3400
Toll Free: 1.800.789.5467
Fax: 425.968.3406



Coming in October!

**Look for the Autumn 2009
issue of *Linkage*,
Leadership Institute of
Seattle's professional
journal of creative
thought and feeling**

*Be sure to forward your current
address to LIOS so you can receive
this exciting issue...*

- “Reflections on Leadership” by Shelley Drogin, Ed.D., President of LIOS
- Excerpt from Chapter 18 of *The Wiley-Blackwell handbook of Family Psychology*:
“Intensive Family-of-Origin Consultation: An Intergenerational Approach” by Tim
Weber, Ph.D., and Cheryl Cebula, M.S.W., LIOS Systems Counseling faculty

Excerpt from “Out of Ashes: A Return to the Creative Feminine,”
dissertation by K. Alexandra Onno, Ph.D.
- “Legacy Leadership: The Call to Stewardship and Service” by Gloria Burgess, Ph.D.
 - “An Invitation to Mindfulness” by Carol Jakus, M.S.W..
 - “The Trauma Chameleon” by Susan Ruby, M.A.
- “Profile: Julia Harris, LIOS Alumna” by Kathleen Murphy, Ph.D.
- “Images of Leadership Project”: Photographs submitted by the LIOS community in
response to editorial invitation to reflect on images of leadership—visionary,
collaborative, focused, emotionally intelligent, self-aware, courageous, inspiring, etc.

and more, from LIOS faculty Catherine Johnson, Sherene Zolno, Diane Schachter...

LIOS promotes healthy, just and sustainable human systems by educating people to live and lead with integrity.

Leadership Institute of Seattle presents

Taste Of LIOS **Information Sessions For Prospective Students**

You've heard about LIOS's unique graduate and professional training programs from friends, co-workers and alumni. You've seen LIOS featured at university and college fairs and in career placement materials, in your internet research and elsewhere. Now, check us out for yourself. Explore whether LIOS is right for you. Join us for a Taste of LIOS Information Session to find out everything you ever wanted to know about the LIOS learning experience.

The LIOS curriculum is informed by the fundamental belief that all individuals have the capacity to become effective leaders, whatever their responsibilities, title or work environment. LIOS learning is achieved through experiential education, designed for all individuals who wish to become counselors, coaches or consultants or to learn advanced leadership skills. At Taste of LIOS, our faculty will introduce you to LIOS's core curriculum through a demonstration of experiential education in action.



**Taste of LIOS
2009 Dates**

Sept. 17
Oct. 15
Nov. 12

**Please RSVP
at 425.968.3400**



At Taste of LIOS, you will meet and talk with the LIOS Director of Admissions, the President/Dean of LIOS and LIOS faculty members—each of whom will shed light on the ways in which our educational model differs from the traditional classroom experience.

You will see for yourself why LIOS's core values are Excellence, Integrity and Transformation. The experiential segment of the program is both informative and fun. You will have the opportunity to view a part of the LIOS curriculum in action, then discuss, ponder, revisit, share and reflect on it. You will see how the LIOS learning experience fosters both personal growth and professional development. Taste of LIOS concludes with an opportunity to ask questions and get in-depth answers from a panel of faculty, staff, alumni and current students.

Next Taste of LIOS Date and Time: September 17, 2009; 6:30-8:30 pm

Location LIOS Offices: 4010 Lake Washington Blvd, Ste 300; Kirkland, WA 98033



INTERACT: QUALITY WORKPLACE RELATIONS

This exceptional three-day workshop focuses on building effective communication skills for successful personal and professional relationships.

Who Should Register for InterAct?

Individuals who play strategic roles in organizational settings—executives, managers and staff in the private and public sectors—learn advanced leadership skills designed to strengthen working relationships, increasing productivity. All LIOS programs utilize a unique blend of applied behavioral science skills and models with experiential learning methodology.

What Will You Learn in InterAct?

- Learn to communicate clearly and openly.
- Manage your reactivity to others in moments of intensity.
- Respond quickly and thoughtfully in intense situations.
- Build self-awareness and understanding of what impact your behavior has on others.
- Take a clear stand on important issues while staying connected to colleagues with different points of view.
- Contribute to the health of organizations and communities.



Instructor:
B.A., Speech and Drama,
DePaul University
M.A., Communications
Studies, Northern Illinois
University
M.A., Applied Behavioral
Science, Whitworth
College

Diane Schachter is the primary instructor for *InterAct: Quality Workplace Relations*. In addition, she works with business clients to incorporate the skills of InterAct into the complexities of the contemporary workplace.

Ms. Schachter has been a member of the LIOS faculty since 1995. She is a Licensed Marriage and Family Therapist and a clinical member of the American Association of Marriage and Family Therapy with a private practice in Bellevue, WA. Her training as a therapist includes a three-year post master's internship in Couple and Sex Therapy from the University of Pennsylvania; training and supervision at the Ackerman Institute for Family Therapy in New York, New York; and training in Narrative Therapy with Michael White in Adelaide, Australia. She also has an interest in mindfulness, the wisdom of the body and Emotionally Focused Couples' Therapy.

Ms. Schachter extends her 20+ years of experience as a therapist to the business community as well. In her work as a leadership coach and consultant, she strives to create greater health in the workplace. As the primary instructor for "InterAct: Quality Workplace Relations," she helps business clients incorporate the signature LIOS skills into the complexities of the contemporary workplace.

Details:

Wed - Fri October 21-23, 2009

Times: 9:00 a.m.– 4:45 p.m. daily. Registration begins at 8:45 a.m. on first day

Cost/CEU's: \$895.00 / 2 CEU's

Location: 4010 Lake Washington Blvd., Suite 300, Kirkland, WA 98033. See page 15 for directions.

Registration: To register, mail to LIOS, 4010 Lake Washington Blvd., Suite 300, Kirkland, WA 98033 or fax the InterAct: QWR Registration Form to 425-968-3406.

Feedback from previous workshop participants:

"I felt well-supported by the faculty...respected...challenged."

"Excellent workshop. I think I want to sign up again."

"I achieved a better understanding of my work behavior and relationships."

"I thought the workshop was materfully conducted."

"Thank you for merging the knowledge of humans and organizations into a great and useful event."

ALUMNI NEWS: WHAT'S NEW WITH YOU?

Write to us! Let us know what's happening in your professional life! Your LIOS comrades want to hear from and about you.



Enneagram Lovers

ENNEAGRAM LOVERS

proudly presents **From Grrr to Purr**

**A WEEKEND WORKSHOP EXPERIENCE
FOR SEEKERS, LOVERS, CLINICIANS,
AND LEADERS**

FRIDAY EVENING, SEPTEMBER 25TH, 2009 THROUGH
SUNDAY, SEPTEMBER 27TH, 2009 IN SEATTLE

Exploring a New Path to Loving Yourself and the Ones You're With

- Release unrealistic expectations of others
- Discover how to get along with anyone
- Unlock secrets on why past relationships may have failed
- And much more...

Apply time-tested wisdom and tools to improve relationships and enhance communication:

within yourself

with clients

with friends and family members

at work or as part of a team

Featuring ▶▶▶

Dina Innominato, LMHC

SUPPORTED BY

Rachel Whalley, MA &

Susan Rhodes, PhD



Are you a current LIOS student in need of some writing help?

Perhaps you simply need some help with APA guidelines and grammar mistakes. Maybe it is more than that and you need help with the fundamental writing process. Either way, I can help you strengthen your writing skills - whatever level you currently write at. As a graduate of the LIOS SC program as well as holding a degree in English, I understand the unique writing requirements that are part of LIOS. Give me a call and find out what I can do for you.

Jennifer Herron 425 466-1964

Where you stumble, there lies your treasure.

— Joseph Campbell

RELATIONSHIPS ARE HELL: IS IT TRUE?

LIOS Alum Grace Bell offers powerful course in three formats:

*Teleclass: 8 Mondays, Sept 21 – Nov 9, 2009 Noon – 1:30 \$295

*All-Day Intensive: Saturday, Sept 26, 2009 9:30 – 5:30 \$125

*Every-other Monday Group co-facilitated with Jon Elizondo:

Sept 28 – Dec 7, 2009 7:30 – 9:45 pm \$365 (Couples \$547)

***Please ask about scholarship space

CONFLICT AND PAIN FELT IN A MARRIAGE OR SIGNIFICANT RELATIONSHIP is one of life's biggies. Pain can appear within months of a new relationship, or over years of commitment. Actually breaking up or divorcing requires an enormous shift in daily life, while struggling with often agonizing emotions. Even within a committed relationship, people experience stress and anxiety, judgment toward the other and towards ourselves. But what if those emotions weren't actually the cause of confusion, but rather its effects? What if clarity was the way not only to good decision-making, but also to joy, peace and happiness? And what if all you needed to move from confusion to clarity was pen, paper, an open mind—and a method of inquiry called The Work of Byron Katie?

Join us in questioning your beliefs about relationships, and find out how to wake up from the nightmare of relationship conflict, change, or divorce. To register, send \$50 to Grace Bell, 17102 Brentwood Place NE, Lake Forest Park, WA 98155 or use PayPal for electronic payments to gracebell@comcast.net. 206-829-8048.

ESSENTIAL QUESTIONS OF WORK-LIFE BALANCE

LIOS alumna Freddie Barrett offers a revolutionary approach to achieving balance. This highly experiential process begins from the premise that managing energy, not time, is the key to achieving balance and addresses the question: how does full engagement contribute to balance? We explore the questions: what is most important? and how do you spend your time? Since work-life balance is unique to each person, you will create a personalized action plan that looks at the roles you play, aligns these with what's most important to you, and focuses on the next steps that will make the biggest difference in achieving balance.

Key Insights from Essential Questions of Work-Life Balance:

- **Insight 1:** Managing energy, not time, is key to renewal and life balance
- **Insight 2:** Creating a visual representation of “how I spent my week” can be surprising and lead to meaningful change
- **Insight 3:** Clarifying what is most important enable-decisions to be made more easily that lead to work-life balance

Freddie Barrett, Executive Coach and Leadership Consultant, served Corporate America in Sales and Management positions for over 25 years before launching Resilient Solutions, a leadership and organization development business. For the past 10 years, Freddie has worked with CEOs and their teams to identify personal strengths and leadership competencies, develop interpersonal skills to expand healthy relationships, and focus on results by renewing and revitalizing passion and energy.

Freddie holds a Master of Arts degree in Applied Behavioral Science with an emphasis on Coaching and Consulting in Organizations, a Bachelor of Science degree in Business Management, is a Master Certified Coach, and Certified Somatic Coach.

Workshop Offered: Friday, September 18 – 9 am to 4 pm
Location: The Rainier Club, 820 Fourth Avenue, Seattle
Cost of the Workshop: \$175

LIOS FALL '98 CLASS REUNION

On Monday, September 7, members of the Fall '98 Cohort will be gathering at Kelly Ross's house for a reunion/get-together. The exact time has not been set, but think afternoon. Please bring a dish to share, the beverage of your choice, and an item for the grill, if you are so inclined. Please contact lore m. dickey for an address and other information at the phone number listed below.

- lore m. dickey (701) 885-1125

Seattle Collaborative Law Training and Learning Institute
presents

INTRODUCTORY COLLABORATIVE LAW TRAINING

THURSDAY, OCTOBER 1, 2009 –

FRIDAY, OCTOBER 2, 2009

Lynnwood Courtyard by Marriott

4220 Alderwood Mall Blvd., Lynnwood, WA 98036

Registration 8:30 – 9:00 a.m. each day

Training Thursday 9:00 a.m. – 5:00 p.m. and

Friday 9:00 a.m. – 4:30 p.m.

The Presenters:

RACHEL FELBECK, JD

LIOS Alumna ANNE LUCAS, MA, LMHC

JOHN TWITCHELL, CDFA

J. MARK WEISS, JD

At this exciting training you will learn:

- Skills and procedures for handling a collaborative case from beginning to end (forms included!)
- The roles and function of collaborative team members including lawyer, financial specialist, coach and child specialist
 - Demonstrations of parts of collaborative cases
- An introduction to interest-based negotiations, facilitation and other skills to bring a collaborative case to successful conclusion
- The psychological dynamics of a marital dissolution and how they impact your work
- Ethical issues facing the collaborative professional
- How to develop a successful collaborative practice

Cost: \$525; Send registration and check made payable to:

Seattle Collaborative Law Center, LLC,

200 W. Mercer St., Ste.

410, Seattle, WA 98119.

For information contact Rachel Felbeck at (425) 822-0283.



...the more profound functions of art have always had to do with personal and collective empowerment, personal growth, communion with this world, and the search for what lies beneath and above this world. — Peter London

I am pleased to announce the opening of **PRESENT SENSE**, my new Community Art and Mindfulness Studio located at 4131 Woodland Park Ave N between Wallingford and Fremont in Seattle. Drop by our OPEN HOUSE on Friday, September 25 from 6:00 to 9:00 pm to learn more about it!

PRESENT SENSE is home to art and writing classes that nourish artistic expression as a natural quality in all people, and that support the use of art for self exploration and for connection with others. We will also be holding free weekly mindfulness practice groups, and can host small groups and events. **PRESENT SENSE** is about cultivating people, both in their self-awareness and in their connection to others. My vision for the space is that it will grow from the community of people who are interested in using it, so I welcome your requests and ideas. Visit my website

at www.present-sense.com for more information. I am excited to be coordinating the growth of this learning community and look forward to working with some of you over the coming months!

Following is a sampling of classes offered in September.

• **Painting from the Fire Within:** How did you paint before you knew all of the rules? Are you feeling stuck in life and can't decide on your next step? This class approaches art as exploration and self-discovery. You will paint from inspiration, breath, and spirit, exploring the astonishing resource of your own original creative voice. Next workshop Sunday, Sept 27, 1:00 - 6:00 pm.

• **Visual Journaling:** Images go right to the heart of what is happening in your life. Visual journaling can be used to reduce stress, release anger, resolve conflicts, get in touch with feelings, and give voice to your soul. Sunday mornings 9:30 - 12:00 am.

• **Mindfulness Practice Group:** Free weekly practice group. Can include silent meditation, guided meditation, mindful movement, and walking meditation. Meets Friday mornings 8:30 to 9:20 am.

Happy fall!

Katie Talbott

kt.talbott@gmail.com

A recommendation from LIOS Alum Edan Zeboolon:

Some of the greatest nurturance, growth, and support I've experienced was through a men's group I had the privilege of participating in for eight years until just before I started grad school. My dear friend and mentor Scott has a great knack of doing process work, art therapy, ritual, and helping men get in touch with their souls.

MAKING SOUP FROM THE BONES - GRIEF, INITIATION AND THE HEALING OF THE MASCULINE SOUL

For info, write to dharma@planetearthyyoga.com

A conscious men's gathering that focuses on cultivating emotional, spiritual and physical well being in a supportive environment of mutual respect using a nourishing mix of indigenous wisdom, mytho-poetic men's work and the expressive arts to awaken our full potential as men. As the title implies, this group will deal primarily with issues of grief, loss, woundedness and the soul's call to healing and authentic initiation through the crucible of the life altering events in our lives, both past and present.

Making Soup From the Bones will be a closed group (no drop-ins please) with a maximum of twelve men. We will meet weekly from 6:30-9:00 PM Wednesday evenings beginning September 2nd and continuing through December 16th, 2009 Cost for all 16 sessions is \$375 up front or four monthly payments of \$100 Scholarships can be arranged for those in need. Art supplies and field trip(s) from Seattle to the regional Olympic Men's Council in Port Townsend are included.

* Please call ahead to schedule an initial consultation.

LIOS ALUMNI BUSINESS CARDS

An Opportunity for LIOS Alums to Spotlight Their Practices and Professional Activities in Items of Interest

Sign up for the **ALUMNI REFERRAL DIRECTORY** for \$50, and we will print a brief professional paragraph and business card in one issue of *Items of Interest*, LIOS' monthly newsletter. Join for \$100 and we will feature a small advertisement (approximately 3 X 6 inches) in 12 issues of *Items of Interest*. LIOS' newsletter is emailed to alumni, faculty, students and the many colleagues and organizations that comprise the Institute's diverse constituency. Each issue of *Items of Interest* also appears on the Institute's website and is subsequently archived there.

The invitation is to make a difference. The challenge is to help the people you manage or clients you serve make the difference themselves. Visit www.RBSconsulting.org to stimulate your thinking and kick-start your action. Your thoughts, ideas and interest are welcome.

RBSconsulting.org

Learn as you lead...lead as you learn

206-933-3131
Rob@RBSconsulting.org

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SC - Winter 2002

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IMPORTANT INFORMATION ABOUT LIOS' NEW ONLINE ALUMNI / STUDENT DIRECTORY

LIOS has responded to your request for an Online Alumni/Student Directory. We have also created an Online Alumni Referral Directory. We receive requests on a regular basis from alumni for contact information for their former classmates. We do not release this information without your permission. If you would like to be in contact with your fellow alumni, we suggest being a part of the following directory.

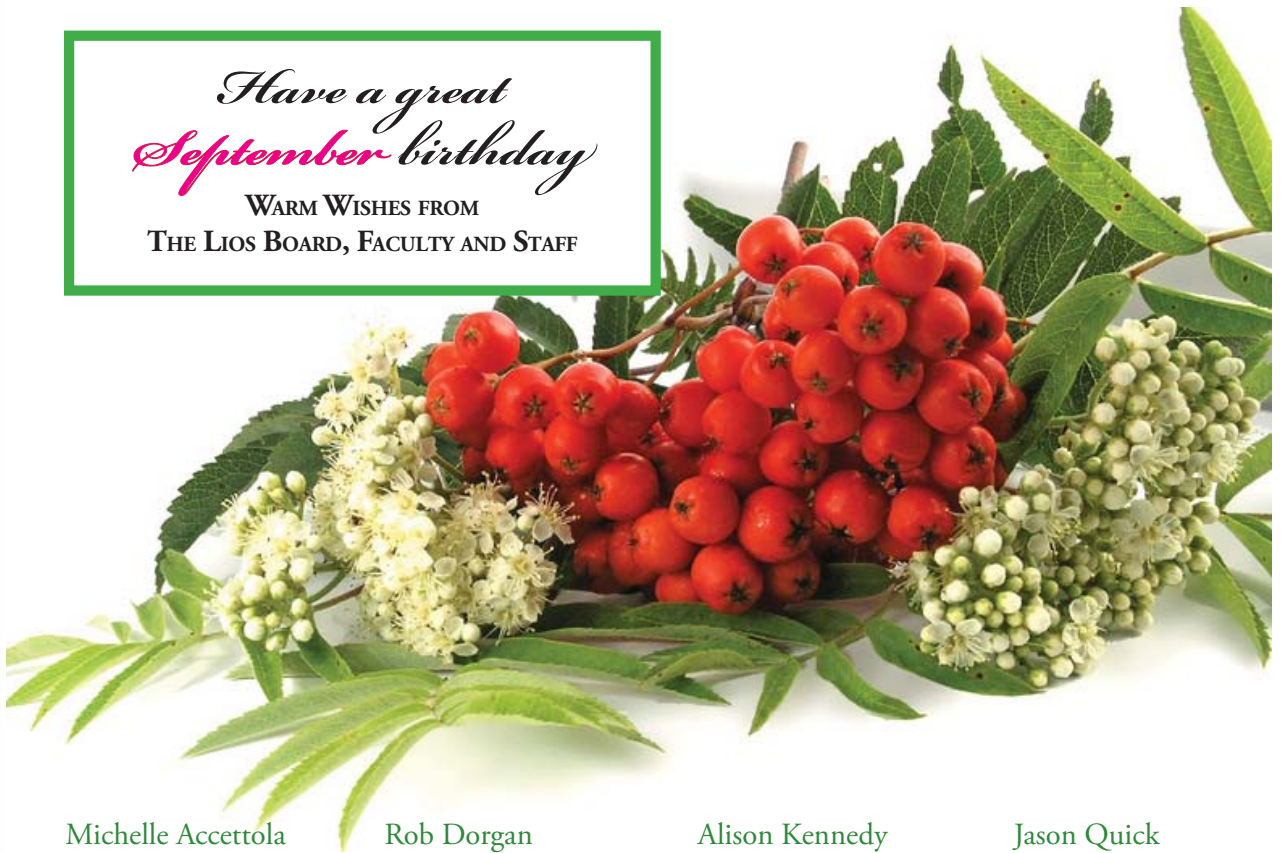
The Alumni/Student Directory is password-protected and not available to the general public. To register, please go to <http://www.lios.org>, and click on the "Alumni" tab. In the Alumni/Student Directory, click on the home page, then scroll to "Alumni/Student Directory." Click on "Get listed in the Alumni/Student Directory" and follow the instructions. Be sure to check the "yes" box to publish your information online, and then hit "Submit." You will receive your password to the directory within 24-48 hours via email. In order to receive a username and password, you must agree to have your contact information published. You can also use this form to update your contact information with LIOS. Your information will not be published online should you not check the "yes" box.

We also get requests from the general public as well as from our alums for names of LIOS grads who have practices in certain fields. If you are interested in building your practice or clientele, you may be interested in being a part of the Alumni Referral Directory.

The Alumni Referral Directory has an annual fee of \$50. You can pay the \$50 annual fee online with your VISA or MasterCard, or you can send a check made out to LIOS Directories. Mail to Connie Shulman, LIOS, Suite 300, 4010 Lake Washington Blvd., Kirkland, WA 98033.

*Have a great
September birthday*

WARM WISHES FROM
THE LIOS BOARD, FACULTY AND STAFF



Michelle Accettola
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Angela Anderson
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Invest in the Future of LIOS 2009 Fiscal Campaign Donors

Donations to date: \$28,796.64

(July 2008 to August 2009)

Invest in the
future of
LIOS

2009
Fundraising
Campaign



www.lios.org
425.968.3403

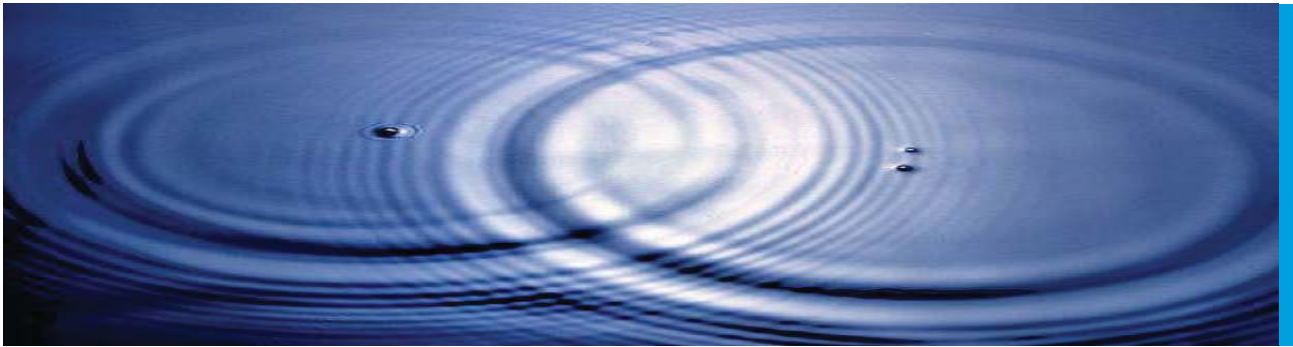
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Cara Wilson
Peter Wolf

2009 Matching Funds

Bill & Melinda Gates
Foundation
CA Inc.
Microsoft
RealNetworks
Starbucks



YOU ARE INVESTING IN THE FUTURE OF LIOS

Thank you for stepping up and investing in the future of LIOS. So far you have invested **\$102,241**. Because of your generosity, we have already set new fundraising records for LIOS. If you haven't donated or you wish to donate more, help us reach our second \$100,000 by sending us your donation now, or call me and give me your credit card information: 425-968-3403. (Collect those travel miles while making your investment.)

Thank you from everyone connected with LIOS—the Board of Directors, Faculty, Staff, current students and future students—for your support and generosity.
You are very much appreciated.

Online Giving Now Available

You can now make your donation to LIOS online by going to our website www.lios.org. Click on Donate Now and you can safely make your donation using your credit card. If you have any questions, please contact Connie Shulman at 425-968-3403 or cshulman@lios.org.

INVEST IN THE FUTURE OF LIOS

Philanthropy is a tradition of giving and sharing that is primary to life.

Name _____
Address _____

Every Dollar Is Important

Amount of gift: ___ \$50 ___ \$100 ___ \$250 ___ \$500 ___ \$1,000 ___ \$2,000 _____ Other

Payment form: ___ Check enclosed ___ Credit card payment (Visa or MasterCard)

Account Number _____ Expiration Date _____

Authorized signature _____

Please check all that apply ___ Alumna/us ___ Student ___ Faculty ___ Staff ___ Board ___ Friend

Pledge amount \$ _____

This gift will be matched by _____

My gift is in honor of _____ In memory of _____

For gifts of stocks, property, etc., please contact Connie Shulman at 425-968-3403.

LIOS Mission Statement: LIOS promotes healthy, just and sustainable human systems by educating people to live and lead with integrity.

LIOS Core Values: Transformation comes from self-knowledge and a strong grasp of system theory. Integrity means to lead competently, ethically and compassionately. Excellence is the standard toward which our studies of leadership and systems strive.

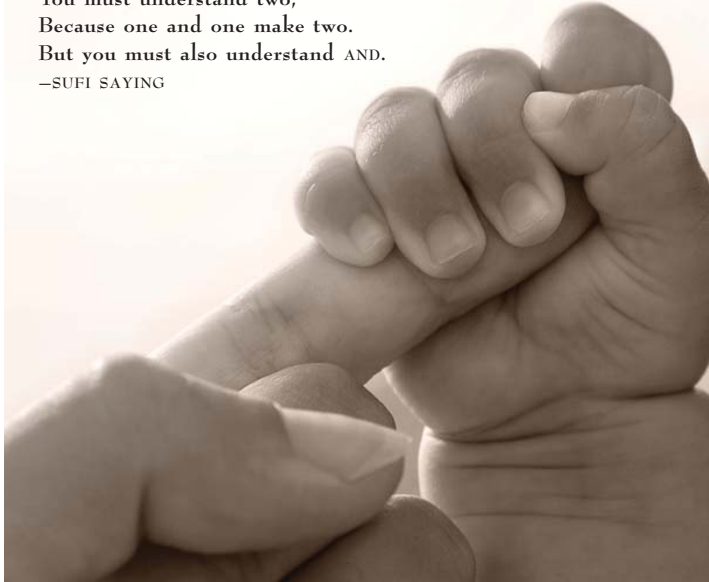
Please make checks payable to Leadership Institute of Seattle (LIOS). All gifts are tax deductible to the extent provided by law. LIOS is a 501(c)(3) nonprofit organization.

LIOS STAFF SPOTLIGHT

Connie Shulman, LIOS Director of Development and Alumni Relations is very proud to announce that *Seattle* magazine has named her daughter **Jaennae Dinius a Five-Star Best in Client Satisfaction Mortgage Broker 2009**. *Seattle* magazine contracted an independent market research company to administer a rigorous "Best in Client Satisfaction" evaluation process. More than 14,800 recent home buyers and 1,300 real estate agents were asked to submit a survey to identify exceptional mortgage brokers in the Seattle area. After review by a blue-ribbon panel of local real estate experts, fewer than 7 percent of all licensed brokers in the Seattle area were selected. The prestigious 2009 list of Best in Client Satisfaction Mortgage Brokers will be shared with the Seattle community in the December issue of *Seattle* magazine.

Congratulations Jaennae—and Connie!

You think because you understand one
You must understand two,
Because one and one make two.
But you must also understand AND.
—SUFU SAYING



CALENDAR OF EVENTS AND WORKSHOPS

Leadership Institute of Seattle / Saybrook Graduate School and Research Center has relocated from Bastyr University campus to 4010 Lake Washington Blvd., Suite 300, Kirkland, WA 98033; 425.968.3400.

Unless otherwise noted, LIOS workshops will be held at this location.

WORKSHOPS

InterAct: Quality Workplace Relations
Wed - Fri, October 21-23, 2009

See page 10 for workshop description.

TASTE OF LIOS

September 17: 6:30 – 8:30pm, LIOS Offices

See page 18 for directions to LIOS offices.

Alumni & Student Volunteers Wanted

We are planning an exciting evening on April 24, 2010 and need your help! We are organizing a combination reunion and fundraiser for LIOS. By volunteering to serve on one of our committees or by assisting in any of the following areas, you can help to make this a highly successful event!

Where can you make a difference? Where do you excel?!

Auction Committe

Sponsorships

Gift Bags

Entertainment

Table Captain

If you are ready to join the fun, please call Connie Shulman at 425-968-3403 or email cshulman@lios.org



Kore Leadership's (www.koreleadership.com) Women's Integral Leadership Opening (WILO) is a transformative learning program for women who want to cultivate their capacity to be powerful, effective women leaders. It is offered as a Professional Certificate Program through Leadership Institute of Seattle (LIOS).

WILO uses an integral approach—an all inclusive framework that draws on the key insights of the world's greatest knowledge traditions—that addresses the unique developmental challenges faced by women leaders and enables them to engage their full cognitive, emotional, spiritual, and physical capacities in everything they do.

Information sessions offer a gracious introduction to the research-based program from developers and lead faculty and will be offered on the following dates:

The Inner Leader: The Enneagram in Leadership Development

**A two-day workshop in Seattle with Belinda Gore, Ph.D., sponsored by Kore Leadership
Friday & Saturday, October 16-17, 2009**

For social workers, psychologists, coaches, counselors, spiritual guides, spiritual directors and other professionals

Registration for October 16-17

Belinda Gore's Enneagram Workshop

<https://www.123signup.com/register?id=zkhyyr>

EMOTIONAL INTELLIGENCE CERTIFICATION & SPECIALTY EQ CLASSES - FINAL OFFERINGS IN 2009

If you or a colleague are looking to expand your work with Emotional Intelligence, including gaining knowledge and integrating an instrument into your work, please take a minute to read the information below and check out our website at <http://learninginaction.com>. Look at the EQ In Action Profile and talk to coaches and consultants who are using this across North America and now in Asia and Central America.

Emotional Intelligence Offerings Include: (see website for details)

- Training and Certification in the use of the EQ In Action Profile (See below)
- Awareness Lessons - TeleClass series to integrate emotional awareness and specific skills to incorporate into daily life - kicks off on 9/11
- MASTERS TeleClass for coaches & consultants - Working with Fear 10/2,10/16

Two Certification Options to use the EQ In Action Profile

- Two-Day On-Site Certification Training: Focused training to understand and use our relationship-based EQ In Action Profile in your practice. 2009 offerings: September 22-23 & Nov 10-11 All events held in Seattle, WA. Cost: \$1550 (17.25 ICF CEU credits available)
- Distance Certification: This program is designed for practitioners who want the convenience, flexibility and cost savings in completing this certification from the comfort of your own office. 2009 remaining classes begin on September 17 and November 5th

Cost: \$1350 (17.5 ICF CEU credits available)

Unique features of the EQ In Action Profile include:

- The focus is on you in relationship
- A unique methodology where you watch eight short video segments and then report your experience as you watched the videos. It is not a self-reporting tool.
- There is no Emotional Intelligence grade.

The focus is on emotional intelligence development, both individual and team development. The report comes with an EQ Fitness Handbook: 150 Practices for Daily Living. Learning In Action Technologies' primary work is to train and support our clients (coaches and consultants) in being their best. We offer support after you complete certification with consultation and training, either free or for a modest fee.

Sponsored by: Learning In Action Technologies, Bellevue, WA For information and registration call 425-641-7246 or go to <http://www.learninginaction.com>

WORKSHOPS, TRAININGS AND CONFERENCES

MINDFULNESS BASED STRESS REDUCTION

An Exploration Into Mindfulness Practices for Psychotherapists and Other Mental Health Professionals

Mindfulness has been defined as the moment to moment attention paid to the present, with intention, and without judgement. Neuroscience is now validating the profound therapeutic effects that mindfulness meditation has on our health and well-being. Many excellent introductory trainings and workshops are currently being offered in Mindfulness approaches for clinicians in the fields of psychotherapy and other health care professions to further study these emerging findings.

This eight-week class follows the original Mindfulness Based Stress Reduction (MBSR) program as created over 30 years ago by Jon Kabat-Zinn, PhD, at the University of Massachusetts, School of Medicine. It is specifically designed for a small group of clinicians to deepen and intensively explore mindfulness practices in both their personal and professional lives. Participants will be able to gently develop these practices in an intimate and supportive setting with other committed colleagues. Consultation and applications in clinical practice will be integrated into the class.

COURSE GOALS AND OBJECTIVES:

- participate in an eight-week MBSR class learning the foundations of mindfulness
- explore ways to integrate these practices into your personal life
- evaluate how mindfulness techniques can be integrated into clinical practice
- learn several mindfulness-based tools to teach your clients
- gain a basic understanding of the research and theory behind mindfulness practices and their usefulness in psychotherapy
- be introduced to other mindfulness-oriented programs and evaluate their applicability to specific populations
- learn how mindfulness practices can be applied in clinical practice to address such issues as anxiety, depression, pain and chronic illness
- become aware of the integration of mindfulness techniques in diverse populations
- learn how mindfulness can be applied towards overall self-care
- evaluate the ethics of mindfulness practice

WHEN:

FRIDAYS: September 18 thru November 6, 2009,
11:00 AM to 1:00 PM

SATURDAY: October 24, Day of Mindfulness Practice,
10:00 AM to 4:00 PM

WHERE:

motion & space studio, 5340 Ballard Avenue, Seattle

COST:

RECENT (2008-2009) LIOS GRADS CAN REGISTER FOR \$325.00!!!

\$420.00 for the series, \$380.00 if paid by 9/4/09
Fees include 22 hours of training including the Day of Mindfulness, instruction manual and other supporting class materials
(22 CEU's through NASW)

INFORMATION & REGISTRATION: 206-755-9313 or
cjakus@mindfullivingnw.com

Registration Information:

- This class is open to any clinician with training in Social Work, Marriage & Family Therapy or another mental health degree.
- The class is limited to 12-15 participants.
- Before registering, participants must be prepared to assimilate the teaching through a daily meditation practice
- No prior meditation or yoga experience is necessary.
- 22 CEU's approved through the Washington Chapter of NASW

Recommended Texts:

- *Full Catastrophe Living* by Jon Kabat-Zinn
- *Heal Thyself* by Saki Santorelli
- *The Mindful Way Through Depression* by Mark Williams, et al.

Registration:

Mail \$50.00 non-refundable deposit to:
Carol A. Jakus, MA, MSW, LICSW
The Northwest Center for Mindful Living
210 1/2 W. Galer St., Seattle

INSTRUCTOR: Carol A. Jakus, MA, MSW, LICSW, has practiced psychotherapy for over 30 years in the Seattle area. She serves on the Faculty of both Bastyr University and Leadership Institute of Seattle (LIOS). Carol has had extensive training and personal supervision through the Center for Mindfulness, University of Massachusetts, supporting her teaching the MBSR Program. She has offered MBSR in medical, educational and community settings since the mid 1990s, training professionals and clients in mindfulness practices. Carol maintains a long-standing personal meditation and yoga practice born out of Zen and Vipassana traditions.

An article by Ms. Jakus on mindfulness will appear in Linkage, LIOS' professional journal of creative thought and feeling, to be published in October 2009.

LEADERSHIP FOR TRANSFORMATION A Volume in the ILA Building Leadership Bridges (BLB) Series

Call for Submissions (Deadline October 1, 2009)
Gill Hickman and JoAnn Barbour, Editors

The International Leadership Association invites you to submit your work on the theme, "Leadership for Transformation," to our annual volume in the Building Leadership Bridges series. The book captures the best contemporary thinking about leadership today from a diverse range of scholars, practitioners, and educators working in the field of leadership studies. In keeping with the mission of the ILA, the book series connects ways of studying, imagining, and experiencing leadership across cultures, over time, and around the world. The book will be published by Jossey-Bass/Wiley with an expected publication date of November 2010.

Background/Rationale

The theme "Leadership for Transformation" encompasses transformation at all levels whether individual, institutional, organizational, disciplinary, cultural, governmental, or global. Transformation is the result of many acts, both large and small, carried out by various groups and individuals in classrooms or boardrooms, town halls or the halls of government, the factory floor or the office cubicle, the street or the home. This volume provides an opportunity to share and learn about new research, effective leadership practices, proven teaching methods, and creative works that support any of the many faces of transformation.

The theme of this volume builds on that of our 2009 annual conference. Convening this year's global conversation in Prague allows us to honor, study, and be inspired by the twentieth anniversary of the Velvet Revolution—a six-week series of non-violent demonstrations that overthrew the Communist government at the end of 1989. It was Albert Einstein who wisely observed, "We cannot solve our problems with the same thinking we used when we created them." The Velvet Revolution, along with events like the end of Apartheid and the fall of the Berlin Wall, provide opportunities to explore the types of leadership that can lead to transformation on a global scale. Please note that one does not need to attend or present at the conference to submit to this volume.

Questions to stimulate thought and creativity on the theme of "Leadership for Transformation" are available. Request from ddeuyver@ila-net.org.

Areas for Submission

The editors welcome previously unpublished submissions that explore Leadership for Transformation from diverse perspectives, disciplines, cultures, and sectors. Submissions are encouraged that strengthen ties between those who practice and those who study leadership, and

that foster effective and ethical leadership. Submissions will be considered in three areas that help us understand leadership at the intersections of research, application, and art. A fourth area will be developed from conference highlights.

- **Research from the Social Sciences and Humanities:** With this submission, contributors should present question(s) or hypotheses, pertinent literature, findings and discussion that relate to the concept of leadership for transformation. Both qualitative and quantitative research submissions are encouraged, including, but not limited to, case studies, ethnographies, interviews, biographies, autoethnographies, or surveys.
- **Application of Models, Practices, or Philosophies:** Those who have applied, developed, taught or practiced leadership for transformation are encouraged to submit in this area. The contributor's application or teaching activity, for example, must include an explanation of the underlying theory, philosophy, and/or model that grounds or supports the application. Depending on the focus of the submission, contributors may also want to include a critically reflective section in the work.
- **Artistic Works:** Poets, essayists, dramatists, photographers, and fine artists are encouraged to submit original works that thematically represent or relate to leadership for transformation.
- **Invited Submissions: Conference Highlights:** Interesting and provocative keynote addresses, panel discussions, papers, and presentations will be chosen from the ILA 2009 Prague Conference and included in this area. Final submissions for Conference Highlights will not be chosen until the completion of the 2009 Prague Conference and will be invited additions to the volume.

Submission Guidelines

Submitted works (research, applications/philosophies/models, and artistic poems, dramatic works or literary essays) should be no longer than 5000 words. Submitted works will be blind-reviewed, thus all identifying information (Area of submission, names, affiliations, and contact information of all contributors) should be on a separate cover sheet. APA style should be followed. Notes should be kept to a minimum but when used should come in the form of endnotes. Margins are to be 1" on all four sides, left-aligned, NOT justified, and all pages numbered in the top right-hand corner with the narrative starting on page 1. Submissions should be in Times New Roman, font size 12, double spaced, and indented paragraphs for all submissions EXCEPT artistic works. (Literary essayists should follow all guidelines.) Please note: All submissions must meet these guidelines except artistic works.

Send submissions electronically to Debra DeRuyver at ddeuyver@ila-net.org by October 1, 2009.

Book Yourself Solid Workshop with Matt Walker, MA

A Workshop for Consultants,
Therapists, Coaches,
Solopreneurs and Professional
Service Providers

September 19-20, 2009
Location TBA

\$275 for LIOS Students
and Alumni

Matt Walker, MA is a LIOS graduate. He is a faculty member at Prescott College where he instructs Adventure Therapy and EcoPsychology. In addition, he runs a business coaching practice that focuses on supporting therapists and coaches develop their private practice and get booked solid doing the work they love.



2-Day Intensive Workshop

This two-day workshop, with Certified Book Yourself Solid coach Matt Walker, is designed for individuals that are looking to step into private practice with confidence or increase their current client base as they develop their practice.

Working together we will focus on these three goals for your business:

1. Establishing your "Business Foundation" - target market, personal brand and learn to talk about what you do without sounding boring or bland.
2. "Building Trust and Credibility" with your prospects and clients - defining your sales cycle, super simple selling and ways to create residual income with information products.
3. Implementing the Book Yourself Solid "7 Core Self-Promotion Strategies."

We will do a good portion of the work while you're at the workshop so that you can begin applying the learning immediately.

You'll do live exercises, group work and you'll make progress toward your goals at the workshop. You can ask your questions on the spot, engage in dialogue, and receive feedback. This is a hands-on experiential workshop.

Information and Registration: Matt Walker at 520-360-1465 or matt@mattwalkercoaching.com. Class size limited to 15 participants.

More information can be found at www.mattwalkercoaching.com - click on 'Weekend Workshops'

ILA'S 11TH ANNUAL GLOBAL CONFERENCE taking place in Prague, Czech Republic, November 11-14, 2009.

Join over 600 leadership educators, scholars, community leaders, business professionals, consultants, and students as the best in the global leadership field will present the finest scholarship, compelling ideas, and transforming leadership practices.

Find more information and register here - ILA Prague Conference

Keynote Speakers

Keith Grint, renowned leadership scholar, Professor of Defence Leadership at Cranfield University, and founding co-editor of the journal, *Leadership*.

Monika Macdonagh Pajerová, President of top European NGO, YES for Europe, and spokesperson during the Velvet Revolution.

Leadership Panel, featuring Mansour Javidan, Dean of Research and Garvin Distinguished Professor, Thunderbird School of Global Management, Glendale, AZ; Prasad Kaipa, Executive Director, Center for Leadership, Innovation and Change, Indian School of Business, India; and Éliane Ubaliyoro, Adjunct Professor, Practice for Public-Private Sector Partnerships, McGill University's Centre for Developing-Area Studies. Thomas F. Beech, President and CEO, Fetzer Institute, will moderate.

Pre-Conference Immersions - Full-day programs of unique leadership experiences

- 1) Prague's Jewish History: A Journey of Personal and Cultural Leadership, features Holocaust survivor and artist Helga Hoskova sharing her amazing leadership journey, and an intimate tour of Prague's Jewish Quarter.
- 2) Leading Transformation: Sights, Sounds, and Stories of the Velvet Revolution, is an incredible panel discussion with two influential leaders of the Velvet Revolution, and a guided tour of the key locations where the events took place.

Special Event

Collaborative Leadership: A Transformative Musical Performance - Experience an incredible musical performance by Harvey Seifter and a group of Prague's finest musicians as they journey into the collaborative leadership process of chamber music - a process that engages talent, vision and creativity. The performance location will be Prague's historic and beautiful Lichtenstein Palace.

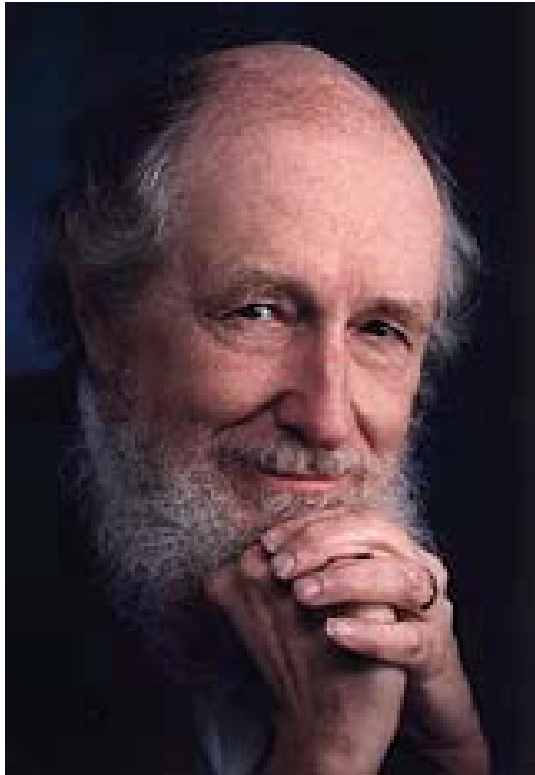
The preliminary Conference Session Guide is now online. Read about all of the great leadership presentations to be hosted at the Prague Conference.

There is limited space for conference events, so register now! - ILA Prague Conference

Please contact Josh Tarr with all questions about the 2009 ILA Conference in Prague - jtarr@ila-net.org or +1.301.405.5218.

Crosby & Associates presents

Robert P Crosby Tough Stuff - November 2009 Special Sessions for Continuing Learners



Tough Stuff is the trademarked title for our marquee experiential training that embodies elements of T-group, Skill and Family Group with a business/industry/organizational twist. Participants consistently rate its application to work at an 8 or 9 on a ten point scale. Several thousand managers, hourly workers, engineers, etc., from many countries have attended in the last two decades, and our materials have been translated into Russian, Italian, and Spanish.

Tough Stuff combines the depth of Skill Group with informal Family of Origin work, and intensive work in Emotional Intelligence, Self-Differentiation, Decision Making, Conflict Management, and Systems Thinking all within the framework of a continual focus on work application. The 4 ½ day event remains a core service for Crosby & Associates, led by Gilmore & Chris Crosby, sons of Bob Crosby (LIOS founder). **Bob continues to lead the Seattle area Tough Stuffs.** This year marks his 55th year of involvement in such training.

The Special Sessions – Crosby & Associates is offering additional sessions for attendees with previous LIOS type experience who want to further develop their intervention skills and themselves in the context of a Skill Group/T Group related to the workplace. The additional sessions will focus on topics such as intervention skills for the T group, many of which also apply to work situations, FOO related interventions that are received positively in business, strategies for encouraging this kind of training in your organization, the Leadership Principles that apply both to a leader of T group and to supervision of management, and pre and post sessions to learn from the experience.

Date: Tough Stuff for all participants November 2nd – 6th.

Location: Seattle

Additional Sessions for continuing Learners:

Pre-Tough Stuff Coaching Session - Sunday November 1st, 2-5pm
Mid-Tough Stuff Coaching Session - Tuesday November 3rd, 4:30-6pm
Final Coaching Session - Thursday November 5th, 4:30-6pm

Cost:

Tough Stuff costs \$1250.
Special Sessions cost an additional \$250.00.



Gil Crosby



Chris Crosby

Join us for this unique opportunity for continued learning and skill enhancement. Contact us at c_p_crosby@yahoo.com or 206 369 9200, and sign up today!

ILA Webinar on September 9, 2009: Varieties of Consumption of Leadership – Followership in Practice

FREE to ILA members!

\$20 for Non-ILA Members. Reserve your Webinar seat now. More Info: ILA at ILA@ila-net.org or 1.301.405.5218

Stefan Sveningsson is Associate Professor of Business Administration at the School of Economics and Management, Lund University, Sweden. He has been visiting researcher at Cardiff Business School, Cardiff University, Melbourne University and Auckland Business School, Auckland University. Research interests include identity, leadership, followership, organizational change, and management of knowledge intensive firms. He has published about leadership in several international journals including *Human Relations*, *Leadership Quarterly*, *Organization Studies*, *International Studies of Management and Organization and Leadership*. Recent books include *Management, Organizations and Processes* (Studentlitteratur, 2007, Ed. with M Alvesson), *Changing Organizational Culture* (Routledge 2008, with M Alvesson) and *Leadership* (Liber 2009, forthcoming with M Alvesson).

Description: It is often suggested that there is no leadership without followership and that there are no leaders without followers. But literature that specifically elaborates on followers and followership in practice is still scanty. The phenomenon of followership is thus less studied in depth in organizations, i.e., we know less about how people look upon, understand, sense and possibly practice followership in relation to people constructed as leaders and related to that, how they contribute to, learn and maintain or perhaps resist and ignore leadership/followership processes in organizational settings. This amounts to investigate in some depth how the relation between leader and follower emerges and forms in terms of the understanding of the follower.

One way of approaching this is to try to investigate how people position themselves as followers in terms of consumption of leadership. This means looking into the varieties of consumption and consumers, some are more active consumers looking for any possibility to consume while other are more restrained and cautious about their consumption. Based on some preliminary findings in a research project investigating followers' interpretations of the interaction between the follower and the leader the aim is to analyze the significance of this for the leadership processes. By drawing on the idea of consumption the ambition is to show how presumed followers partly create, shape and form as well as undermine, resist and neglect leadership processes.

The Thomas C. Wales Foundation Fellowship Program matches aspiring community leaders with non-profit organizations addressing critical community issues. Fellows work with an organization for 6 months and engage in monthly leadership development training and networking opportunities (approximately 180 hrs).

The goals of the Fellowship Program are to develop community leadership through hands-on experience, increase the capacity of local nonprofit organizations, and create a network of civically engaged citizens. The Fellowship provides...

- Nonprofit management and leadership skills
- Engaging monthly leadership seminars featuring community leaders
- Supervision & mentorship with senior staff member
- Community networking opportunities
- Stipend of \$500 upon completion and possible academic credit

ABOUT THE PROJECTS: program evaluation / assessment; strategic planning; program planning & implementation; organizing & leading; networking; research & outreach. Specific projects and nonprofit partners will be available in October 2009.

QUALIFICATIONS: The Fellowship is open to anyone with two or more years of college experience including community college, undergraduate and graduate students as well as mid-career folks and community members. Education may be substituted with relevant community/work experience.

DEADLINE: Nov. 9, 2009. Applications available at <http://walesfoundation.org/tcwfellowship.htm>

Email questions and applications to fellowships@walesfoundation.org

Quotes from Previous Wales Fellows and Host Organizations:

"We all look for ways to make a difference, to feel a part of something bigger than ourselves. The Wales Foundation gives you an opportunity to achieve that and to engage yourself in issues that directly impact you."

"The Wales Foundation offers a great experience for those interested in the public sector. The seminars and organizations you work with provide a valuable opportunity to engage yourself in nonprofits, community building and civic activism."

"This Fellowship offers a unique opportunity to gain real world experience with the details of project development and management."

"The Wales Fellowship provides a perfect opportunity to become involved in an organization for which you have a passion. The benefits include access to all areas of an organization, immediate responsibility and leadership on a project, the ability to take 'book learning' and see how it applies in a real world situation."

EMPLOYMENT OPPORTUNITIES

[ILA-L] JOBS - Three New Leadership (University Based)

For complete information, including application instructions, please visit the link below each listing. To see all listings visit: <http://www.ila-net.org/LeadershipJobs/index.asp>.

Full-Time Faculty Doctorate of Executive Leadership

Mountain State University
Beckley, WV USA
Closing Date: Until Filled
http://www.ila-net.org/LeadershipJobs/View_Job.asp?DBID=1238

Associate Dean for Doctorate of Executive Leadership

Mountain State University
Beckley, WV USA
Closing Date: Until Filled
http://www.ila-net.org/LeadershipJobs/View_Job.asp?DBID=1237

CONTRACT MENTAL HEALTH THERAPIST #9-0707

LOCATION: Downtown Seattle

REPORTS TO: Director, Community Mental Health Services

DESCRIPTION: The YWCA is looking for a qualified Licensed Mental Health Therapist to work with HIV positive women in our YWCA BABES Network, a peer-based program, a sisterhood of women facing HIV together.

RESPONSIBILITIES

Provides counseling to BABES clients
Provides emergency counseling as needed
Conducts intake and diagnostic assessments
Consults with team members and other service providers when necessary to coordinate client treatment
Maintains accurate records and direct service statistics
Performs other duties as assigned

QUALIFICATIONS

Licensed Mental Health Therapist in WA state
M.A. in psychology, social work, or related field
Excellent written and oral communication skills
Commitment to diversity, and ability to work with clients from diverse cultural and economic backgrounds

RATE & HOURS

This is a contract position so the hours will vary
Rate: DOE

TO APPLY: Please submit a cover letter and resume to jcaporaso@ywcaworks.org.

CLOSING DATE: This position will remain open until filled.



LEADERSHIP INSTITUTE OF SEATTLE
has moved to Legacy Crown Pointe
4010 Lake Washington Blvd, Suite 300
Kirkland WA 98033
425.968.3400

From the West:

Take SR 520 east, exit at Lake Washington Boulevard NE. Legacy Crown Pointe is a 1/4 mile away on your right (the first right after NE 38th Place). LIOS is located in the 4010 building, on the third floor, in Suite 300.

From the East:

Take SR 520 west, exit at 108th Avenue NE. Turn right onto 108th Avenue. Take the first left on Northup Way. Turn right onto Lake Washington Boulevard. Legacy Crown Pointe is a 1/8 mile away on your right (the first right after NE 38th Place). LIOS is located in the 4010 building, on the third floor, in Suite 300.

From the South:

Take I-405 north, exit at SR 520 west. Exit at 108th Avenue NE. Turn right onto 108th Avenue. Take the first left on Northup Way. Turn right onto Lake Washington Boulevard. Legacy Crown Pointe is a 1/8 mile away on your right (the first right after NE 38th Place). LIOS is located in the 4010 building, on the third floor, in Suite 300.

From the North:

Take I-405 south, exit at SR 520 west. Exit at 108th Avenue NE. Turn right onto 108th Avenue. Take the first left on Northup Way. Turn right onto Lake Washington Boulevard. Legacy Crown Pointe is a 1/8 mile away on your right (the first right after NE 38th Place). LIOS is located in the 4010 building, on the third floor, in Suite 300.

DEADLINES SUBMISSION & PUBLICATION

ITEMS OF INTEREST

Leadership Institute of Seattle
monthly newsletter

9/25/09 / 10/1/09

11/20/09 / 12/1/09

10/23/09 / 11/3/09

12/18/09 / 1/5/10