

*An Invitation to the Fifth Women's Circle of Development*  
*"A Life in Relationship"*  
*"Integral Life Design: Personal Development in a Community of Support"*

"Tell me, what is it you plan to do with your one wild and precious life?"  
-Mary Oliver

"Really growing up, becoming truly yourself — this takes openness and receptivity, inspiration, a loving heart, stability and persistence, trust in the world and in yourself."- Norman Fischer

The call to offer women's circles of development has been our passionate desire for years. Thus far, four have been offered in California, Boston and Hawaii. These groups have come together to learn, play, reflect, witness, develop and unfold together. Almost seventy women have joined so far in deep personal and collective work. The invitation has endured and still calls.

- *Have you been reflecting on what is really next for you in your life, but not sure how to begin?*
- *Have you had difficulty in bringing different parts and pieces of your life into an integrated, balanced whole?*
- *Are you yearning for deep inquiry and creative play with like-minded women?*
- *Have you been called to (and yet not know how to) connect with a community of support that would allow you to be more fulfilled and serve what the world needs?*
- *Do you find yourself humming the lines: "What's it all about, Alfie?"*

We invite you on a journey into your interior landscape and into the external world. We will go where women seldom go. This will be a journey of individual and collective development where we will experience being supported and supportive, where each is seen and respected for who they are, really. We will create a holding environment, a sacred space for the unfoldment of each woman.

**At the heart of this program is the opportunity to work on your own development with a professional certified coach.** During this time you will experience both one on one integral coaching, as well as the support of a women's circle. Our intention is to create the combined experience of individual and collective development.

In a manner of speaking, when we are born, we are alone and when we die, we are alone. In between, we are in a *Life of Relationship*: we will explore, assess and cultivate this *Life of Relationship*. We will directly experience connection and presence. We will dive into questions....What does it mean to be fully human? What does it mean to be a woman being fully human? The current times are calling upon us as women to step into being fully human as a woman and ask "How can we serve, and how can we lead?" This will require an evolving relationship with

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ourselves resulting in the increased joy and freedom that comes from knowing: "I'm OK just as I am." It comes from developing basic trust.

*Our promise: An experience of being personally coached towards achieving your developmental goals over a nine-month period.*

*Our promise: More competence at living our lives more skillfully and meaningfully in relationship with ourselves, others, and the Earth/Environment...in an integrated way.*

*Our promise: an experience of belonging and the capacity to re-create that experience with circles, support systems, and communities of practice.*

We invite you to participate in a group of up to 14 women who will meet for two, three and half-day retreats within eight months. In the time between these gatherings, you will be working with your coach and you will have time to connect with other women from the circle of support.

The format will be individual one on one coaching, teaching, group calls, circle work, homework assignments, large and small group work, ritual and creative expression, (we will work with music, poetry, art and movement).

Our time together will also include group calls with guest speakers/authors, as well as additional calls to go deeper into content and weave our inquiry and dialogue.

A partial listing of content topics:

- Integrating and developing our individual and collective, interior and exterior worlds.
- Developing ourselves in different modalities: intellectual/cognitive, our bodies, our connection with Spirit, our emotional intelligence, how we relate to others, how we nurture ourselves and our contribution to the world and the planet.
- Qualities and principles of being in circle, including potential circle shadows
- Systems sensing: developing a felt sense of our inter-connectedness
- Relationship: the capacity to develop healthy and sustained relationships
- Support: what does receiving and giving support look like?
  - Transactional support to unconditional support
  - Language and narrative

We are inviting you to traverse this territory in the nurturing container of a women's circle. We will be honored to be your guides and to learn from you.

**Warmest Regards,**

*Karen Aznoian, Sarita Chawla and Dawn Brown*

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## Structure

### Dates

October 3, 4, 5 & 6, 2008

April 9, 10, 11 & 12 2009

*Day 1: 5:00 - 9:00 pm*

*Day 2: 8:30 am - 6:30 pm, with dinner following*

*Day 3: 8:30 am - 6:30 pm*

*Day 4: 8:30am - 4:00pm*

Structure will include two four-day retreats, six group check in calls, individual customized Integral Coaching program, 10 - 12 individual coaching calls, e-mail and phone support.

### Location

Holden, Massachusetts (at the home of Donelle Wright, 40 miles from Boston in the beautiful rolling hills of central Massachusetts)

### Program Leaders

Sarita Chawla

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### Fee

\$7,500.00

Includes all books, some meals and materials. Lodging extra.

(Some scholarships at a sliding scale will be offered to those who might require them.)

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"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them."

Thomas Merton

***What previous participants have to say.....***

*"The women's circle of development is a gift to myself. The coming together of different women sharing the needs and hopes for a better life, and moving that into reality is extraordinary. I was working hard to make my life better - this is a new way to achieve that very reasonable goal. If you thought you weren't the type to enter into anything called transformational, this is the place for you."* **Elaine Varelas, Managing Partner, Keystone Partners**

*"As an extroverted solo practitioner who lives alone and works out of my home, I was longing for a community of support. The invitation to join the women's circle of development was an answer to my prayers. As the circle has grown, it has become more than I ever expected. We are learning the true meaning of support and we are experiencing the value of growing with each other and in relationship to each other. I heartily recommend this experience to all women. The strongest recommendation that I can make is that I have been inspired to start one of my own."* **Betsy Cole, Ph.D. President, Cole Consulting Group Waltham, MA.**

*"A Life in Relationship was a rich and rewarding experience at many levels-emotionally, spiritually and cognitively. It deepened my capacity as a professional coach and facilitator and prepared me to step into the world as a mid-wife to support the development of women's circles as a part of my work in the world. The greatest gifts of the process were the rich and wonderful relationships I developed with the women in my circle, a gift I will treasure for the rest of my life."*

**Donna Stoneham, President, Positive Impact, LLC**

*"I want to thank you for one of the most transforming experiences of my life. In 2001, I realized that my life was not what I thought it would be. I had a 'great' job that I no longer loved but did not know what was wrong or what to do about how I was feeling. I realized one thing, though. I yearned and longed for the wisdom of other women. I had lived a life with few women friends, my mother had passed with us barely having scratched the surface of an adult relationship and I was feeling empty and sad, for no apparent reason. Not only with the women of the Circle, but I have found myself open and receptive to other women, and I am blessed to say that other women have entered and remain in my life. This would not have been possible were it not for the ALIR Circle.*

*I am now the most self-aware and happier than I have ever been in my entire life. The Circle has been my lifeline back to the life I wanted and now so much closer to having, all the time. I have challenges and I know that my approach is one that differs from the past. I feel strong enough to let stuff become, and not try to make it 'be' something.*

*Thank you. I love and will be forever grateful to you for showing me the way in".-Nancy Mims*

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*I came to the circle wanting to make any possible improvements to the way I might live the remaining days of my life. I was neither particularly dissatisfied with the way I was living, nor did I have any particular concept about what to expect. I have participated in circle with a willingness to "hear, learn, and explore" new ways, but for the most part, I have been unaware that change has been subtly taking place in my life. With each gathering, each coaching session, and each practice I'm aware of previously "hidden" constraints becoming visible to me. Once they become visible, they vanish from my daily experiences. I find that amazing, but even more remarkable is the change that is taking place with those who participate intimately in my life. It is so remarkable, in fact, that others whose involvement is less frequent comment on the changes they observe in my other family members. I'm enjoying one of the most wonderful outcomes that one could possibly have from one of your Circles: the rich feeling of a full heart. I enjoy that treasure every day and feel blessed to have been guided to you. The overwhelming changes in me, my life, and my relationships are beyond my fondest dreams. I cannot believe how technically successful but insignificant my life was up to this point. I'm eternally grateful for the time and energy you have contributed to this change. Margaret Vulgaris*

*"I had been looking for a 'life coaching' experience, not realizing fully what this could mean, until I was introduced to the Women's Circle, ALIR. The unique combination of collective wisdom, shared in the context of safety and support, plus individualized coaching practices designed and guided by elite coaches, produced life-changing breakthroughs for me.*

*I consider the experience an investment in myself that will be realized across the continuum of a lifetime." - Chris Ardito, Marketing & Branding Consultant, Internet entrepreneur, Animal rights activist.*



ALIR Hawaii, 2006

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**Sarita** is a founder of Demeter Matrix Alliance as well as one of the senior faculty for New Ventures West. She leads their year long Professional Coaching Courses and Masters Classes. After over twenty years in the corporate world she has focused the last twenty years on her own areas of passion for integral coaching, women's circles, capacity building, and dialogue. She is credentialed as a Master Certified Coach by the International Coach Federation. Sarita is also part of the Booz Allen Hamilton and Intel external Coaching teams. In addition to her comprehensive experience in Integral Coaching, Sarita has held a key role in initiating, participating, and designing various women's dialogues both within the US and internationally, and has co-produced a film, *BeComing: Women's Circles, Women's Lives*. She is currently stepping into the role of elder in the circles she continues to be a part of. Much of her life is now focused on her own spiritual development and she and her husband have recently entered a seven year long Seminary Program for their spiritual work. She lives with her husband on the Island of Hawaii.



**Karen** is the President and Principal Coach of Aznoian and Associates. She coaches and consults to organizations and leaders to create greater effectiveness, freedom and joy in their lives and work. She is a certified New Ventures West coach and has served in a faculty role and loves to coach coaches in support of their integral practices. After twenty years as an executive, Karen began her own consulting practice in 2002 and brings her passion for women's development to her work. She has co-created an executive women's leadership development program, Full Circle Leadership, empowering women to discover their own powerful voices and authentic leadership presence. She was introduced to the field of women's circles of development in 2001 by Sarita Chawla, and has personally experienced the life changes that come from being in circle with other women. She is in the fourth year of belonging to her own women's circle of seven where she hopes to belong "forever". She has co-guided and helped to "birth" women's circles ever since. Karen's greatest joy is family life, especially being a mom to her son Noah. She lives with her husband and son in coastal New Hampshire.

**Dawn** is founder and Principal Coach of Parfett Group. She came to coaching after working in various leadership roles within a large Corporation. Reflecting on what she was being called to bring forward in this next phase of life it became clear that it was about coaching and developing others. This began her study of Integral Coaching and certification through New Ventures West Coaching School. She has spent the last 8 years coaching individuals, teams and coaches and is currently on faculty at New Ventures West. She is credentialed with the International Coach Federation (ICF) and has taught coaching courses at JFK University. She held a board position for the Professional Coach & Mentors Association (PCMA) Dawn has participated in women's circles for over 10 years and was a participant in the 1<sup>st</sup> Women's Circle of Development. In addition to her work she is the mother of 3 adult children & 3 grandchildren. She lives in Laguna Niguel.

