

# Influencing Change from a Foundation of Authenticity

NASPA National  
Conference  
March, 2012  
Phoenix, AZ



**“The only thing constant in life is change.”**

**- François de la Rochefoucauld**



**“Each one has to find his peace from within. And for peace to be real, it must be unaffected by outside circumstances.”**

**- Mahatma Gandhi**



# Session Overview

- Context
- Introduction of Panel
- Opening Inquiry
- Panelist Stories
- Questions
- Handout
- References



# Authenticity Defined

“true to one's own personality, spirit, or character”

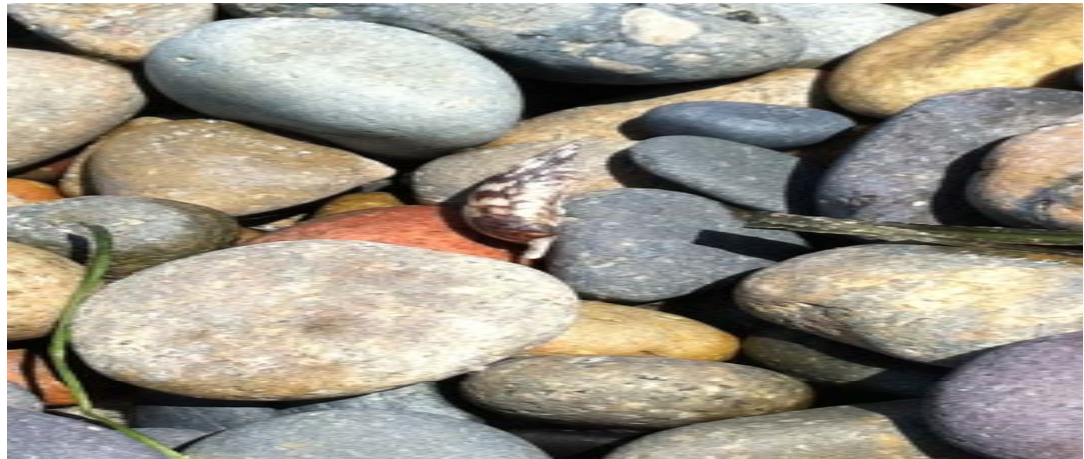


(Extracted from  
<http://www.merriamwebster.com/dictionary/authenticity>)



# Personal Foundations Outcome

“Refashion their personal beliefs and commitments in a way that is true to one’s own self while recognizing the contributions of others”



(NASPA/ACPA Competency Areas, 2010, p. 27).





# Defining Politics

- “the art or science concerned with winning and holding control over a government
- political affairs or business; *especially* : competition between competing interest groups or individuals for power and leadership (as in a government)
- political life especially as a principal activity or profession
- political activities characterized by artful and often dishonest practices”

(extracted from

<http://www.merriamwebster.com/dictionary/politics>)

# Authenticity in Decision-Making

- How do I then navigate the political agendas and determine what decision I can make, while not harming my authentic nature?
- Do I know what I think or feel about the decision at hand?
- Do I know, feel, and sense my authentic self within this decision?
- How do I regain my authentic self after the political decision has been made?

# Panel Sharing



# Byron Katie Inquiry Process Into your Own Thoughts

Example thought: My boss doesn't listen to me.

- Is it true?
- Can you absolutely know that it is true?
- How do you react and/or what happens when you believe that thought?
- Who would you be without that thought?

Source: [www.thework.com](http://www.thework.com)

# Byron Katie Inquiry Process Into your Own Thoughts, Cont.

- Turn the thought around
  - To the self: I don't listen to me
  - To the other: I don't listen to my boss
  - To the opposite of the original thought: My boss does listen to me.

Source: [www.thework.com](http://www.thework.com)

# Questions?

Rushing to Yoga Foundation

[www.rushingtoyoga.org](http://www.rushingtoyoga.org)

[rushingtoyoga@gmail.com](mailto:rushingtoyoga@gmail.com)

