

Clients come as a couple or family to:

- » *deepen their relationships*
- » *address long-standing tensions*
- » *create a supportive family environment*
- » *set up a teenager/young adult for life success and happiness*

Would you like to know more about our programs? Get in touch.

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www.learnaslead.com

“Over the past two years I have exposed my entire management team and my wife and three children to LaL seminars and coaching. **At work and at home, trust has increased, communication has improved and mutual support has become the common focus.** There is no organizational or family unit that could not benefit from the LaL experience.”

Daniel McDonald,
Director, Instrumentation & Controls Division,
Chair, R&D Division Directors' Caucus,
OAK RIDGE NATIONAL LABORATORY

“I am so grateful for the gift LaL has given our family. My husband, Ernie, and Jonathan, our 16 year--old son, attended Personal Mastery and it was a huge turning point for us. Thanks to LaL, Jonathan is more connected to the ways in which he can sabotage himself. He realized that his behavior was driven by his fear of failure. He started the school year very well. He studies for hours and even does his laundry once a week! Jonathan has recently taken a job working with

his father, which in the past never worked. It's exciting to see them together in this new relationship.”

Irit Weir,
Acupuncturist,
ACUPUNCTURE CLINIC OF NAPA

“We attended LaL as a family – 2 working parents, 3 teenage kids – facing the typical family dramas: communication breakdowns and the resulting arguments and isolation. **We now talk honestly and openly about the real issues on topics ranging from the family budget to how we can support each other with our individual struggles.** I don't even want to think where we would be otherwise... LaL is a chance of a lifetime.”

The Purvis Family:
Dave, Karen, Maria (19),
Neil (17), Richard (14)

“As a dual-career couple, it is all too easy for each of us to become absorbed in our own world, creating imbalance at work and within our family. Attending the LaL programs provided us with the opportunity and

the framework to learn how to communicate genuinely with each other. We are working together to define our personal and professional goals and the support we need from one another to achieve them. Our commitment to our work, our family and each other has strengthened. **The real joy was in rediscovering just how many goals we share together.**”

Renee & Raymond Tucker
Renee Tucker,
Human Resources Specialist,
& Raymond Tucker,
Research & Development Group Leader,
OAK RIDGE NATIONAL LABORATORY

“The results of our son's participation in the 1-year program have been no less than astounding. He has taken charge of his life in a way that many far older people do not. **He is clear on his goals and has become a more focused, more responsible and just plain happier person.**”

Judith Hanson Lasater, Ph.D.,
Physical Therapist,
Co-Founder,
YOGA JOURNAL,
Mother Of Kam,
20 Year-Old Sophomore,
CARNEGIE MELLON UNIVERSITY

“**H**aving the opportunity to examine our lives together with my son in the LaL Personal Mastery seminar was extraordinary! **I am becoming aligned with and supportive of my teenager’s dreams, aspirations and priorities – and even more incredible is that he is open to receiving my support.** The seminar was a great starting point that opened safe and non-threatening communications for both my son and me.”

Kathy Johnson
Employee & Organizational
Development Manager,
OAK RIDGE NATIONAL
LABORATORY

“**T**he insight our family gained radically changed our ability to communicate with each other.”

The Holmes Family
Hal, Margaret, Elizabeth and
Rachel

“**I** wanted to get away from the drugs and alcohol that were so pervasive at my boarding school. I had also begun to form poor habits with how I spent my time. I was mostly doing what I wanted, when I wanted – playing video games for hours at a time, watching movies or just getting

drunk and playing pool. Life didn’t excite me, and I hated my classes, but I thought I was having fun. At LaL I began to see that I really wasn’t doing what I wanted with my life. I am now connecting with my real passions. I am realizing that what I do now creates my future. I have committed to no drugs for life and no alcohol for one year, and I am challenging myself to let go of all the ways I escape. **I am committed to living a more constructive life and I am learning that may mean going against what I view as “fun.” Interestingly, life has become far more exciting in the process.**”

Doug Atkinson,
17, High School Senior

“**W**e can honestly say that our lives are fuller, richer and less impaired by tension and blame as a result of our ongoing involvement with LaL. Within our marriage we have been able to get less caught up and confused by old patterns of thinking and acting. Instead of being captives of discouragement and resentment, we are able to express our needs and aspirations more fully and honestly and to be more mutually supportive. Although there are new

situations and challenges in every relationship, we are now better prepared to deal with them as a result of our LaL training. We feel we have been given a gift of renewed commitment to our marriage.”

Steve Black & Zezette Larsen
Steve Black,
Photographer & Foreign
Language Instructor,
Boston Conservatory;
Zezette Larsen,
Social Worker & Senior
Housing Consultant

“**A**s a practicing obstetrician/ gynecologist with a good job, a very supportive and loving spouse and two small children, defining a path for my life is something that I had never really done consciously, in spite of all my so-called personal and professional success. Somehow, careful scrutiny of my past experiences and behavioral patterns in the challenging, but safe and supportive environment provided by LaL, enabled me to feel transformed. My relationship to my patients and colleagues has dramatically improved. **My spouse and I have a depth of understanding that simply would not have been possible had we not attended** the LaL seminars together. It has

resulted in a much deeper level of commitment. I am better able to support those I care about.

This is the result of a total of two seminars and four months of coaching. **I have regained my time & money investment many times over.”**

Kim Li Spencer, MD,
Department of OB/GYN,
KAISER PERMANENTE
FONTANA

*Would you like to know more about our programs?
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