

## The More To Life Weekend London, 23<sup>rd</sup>-25<sup>th</sup> September



Dear all,

I enjoyed my role as ATS for the July More To Life Weekend so much, I have agreed to be TS for September! Not only did I have a lot of fun and get lots of hugs, I learned a lot about the process of creating the course, and my confidence in my leadership skills grew once again.

There is still an excited vibe reverberating with the recent participants because of the depth of this weekend. Right now the MTL programme in the UK is growing again, and it's an exciting time to be a part of it. Courses have been increasing in size, there is fresh enthusiasm in the London community, and a happy, healthy buzz of excitement going through the veins of this living, loving organisation.

I want to invite you to be a part of this feeling in September. As TS, I am committed to providing you with:

- a chance to develop your own leadership skills
- a place to have some serious fun
- a loving, safe space to practise becoming the best person you can be, by giving and receiving truthful, data-based feedback, and personal acknowledgement
- an opportunity to be a part of the solution to the chaos and destruction in our world at this time

"What is involved?" I hear you ask?

The team, in partnership with the local Steering Group and the London Centre, creates and supervises the course. All aspects of the weekend are attended to by team members in different roles, from working the audio equipment to creating the name badges. So we need all kinds of people with all kinds of life experience. We want you to use your strengths and qualities - you being wonderfully you - and we will support you with the MTL context to be the very best you, operating above-the-line in your role.

This is great practice for you to do the same in your own daily life, and it sets up a unique ethos for the participants on the training.

Even if it doesn't fit for you to be on the weekend team right now, you can still be part of our Creation Team. For example, you can help with preparations in the MTL London Centre during the afternoon, join a group to connect with other students about the course during the evening, and offer someone in your life the gift of this wonderful course.

We are lucky to have two great trainers leading our next weekend – the gorgeous Gerry Moline and the sublime Sahera Chohan, so this going to be a very powerful, loving and fun ride!

Perhaps you're wondering why it is so important to get involved right now, or if you really have anything useful enough to offer, or if there are not plenty of others with more time to get engaged...

For me, watching the news this past week has demonstrated just how much we need to share what we know. A lack of genuine self-love, self-worth and self-respect seems to me to be at the heart of the madness we see on the burning streets of England this week. Who, if they had real love and respect in their lives, would want to smash, burn or steal from others? Real respect, like the experience of being listened to, needs to start from within. We have the solution to this chaos. Let's share what we know and do what we do best - serving life with love, honour and respect.

Ghandi said, if you want to see change in the world - BE the change you want to see. I want to live my life being a positive agent of change! How about you?

If you are ready to join me and my team, I'd love to hear from you.

**Jane Meehan**

*Training Supervisor*

London September 2011

We will have two Team Days at the London Centre,  
3 Belsize Crescent, London NW3 5QY

They start at 10am and will complete by 4pm on  
Sunday 21<sup>st</sup> August and Sunday 11<sup>th</sup> September

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