

# **BECOMING REAL: JOURNEY TO AUTHENTICITY**

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Now more than ever, we yearn for our leaders to drop the gimmicks, the rhetoric, and the fads and simply be more real. At the same time, many of us who hold or seek leadership positions want to make a unique difference in the world without compromising our values or our voices. What has kept us from taking an authentic way of being into the workplace?

Two years ago I began writing a book about authentic leadership. That early manuscript articulated that the leadership development field is at the end of the 'flavour of the month' era with its temporary and superficial formulas for success, and I expounded on the quest for realness in our leaders. Through the writing of the initial manuscript, I realized that in order to be an authentic leader one first needed to be an authentic *person*. Authentic, life-giving leadership will then materialize from this new consciousness. With this insight, I set aside my writing about leadership, and instead began to practice what I teach in this book. I followed my heart and have written a book on the *personal* journey to authenticity.

Living the authentic life requires a dedication to seek, discern and move toward the truth about yourself. It requires a commitment to renewed consciousness, renewed connections, and renewed courage to act in the face of new awareness. But perhaps even more importantly, it requires gentleness and respect for being a more fully integrated human being and bringing that humanness to the world around us - to our workplaces, our communities, and those closest to us. In the post-modern age, many live frantic and fragmented lives, often forgetting that we need love, companionship, internal unity, generosity, time to read, reflect and take idle walks – to *be* rather than to always have to *do*. The human spirit needs to be fed as much as the human body needs to be fed.

Living authentically asks the question, "What is really going on – both inside and outside of you - that prevents you from being yourself?" The path is about bringing more of who you are to what you do. Authenticity comes from within. Rather than living up to the standards and the mores of the culture, authenticity is much more about progress and honesty and realness

By sharing my own journey and my vision of authentic living, I hope to show how self-respect, meaningful impact, and the freedom that comes from living in harmony with your deepest self is achievable. The promise of becoming real, of living a life without façade or pretence or the need for prestige is indeed, possible.

Undertaking the four tasks of the authentic journey - *finding center, nourishing community, building character, and seeking calling* - will bring you home to the core of your being. While some books offer ephemeral ideas for *behavior* change, *Becoming Real* offers enduring wisdom for *real* change. It is valuable for anyone committed to amplify their impact in the world – business and community leaders, parents, teachers, entrepreneurs - and anyone who yearns for serenity beyond the fleeting allure of achievement and materialism.

*Becoming Real: Journey To Authenticity* is Available through Amazon.com or by emailing: [val@davidirvine.com](mailto:val@davidirvine.com).