



Live Life Powerfully

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*We, the Synergy newsletter team are committed to creating connection, contribution & transformation. Creating a world where everyone knows they matter NOW!*

Issue  
**TWO**  
September 2011



#### coming soon >>> In Upcoming Issues

Above the Line!  
Quirky Quotes  
Photo Library & Videos  
Ask a Graduate  
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# The Forward

A Synergy Leadership Program Publication



#### Courageous Leaders and Partners,

As we approach eight months of Synergy's existence, there is much to reflect upon. We've delivered eight Basic Workshops, seven Advanced Courses and LP6 is about to begin! We have over 500 graduates, and that is what it is all about for us, all that is now possible in the lives of our graduates and the lives they touch.

We are serious about making a difference on our planet, and empowering others to be the difference is the bottom line. This kind of result can only be created with the partnership of many, we are thankful for the amazing people in our lives like you. In the years to come we will be able to look back on our first year and acknowledge all that we created together. We are building our life's legacy right now—today!

If we're going to truly have an impact on the state of affairs on our planet, it will continue to take courage, intention and generosity to get out

there and stand for someone else, as different as we all are, that is the place and moment in time we can all align. We look forward to growing our impact in the New York area and beyond and we are excited about all the planet leaders we have yet to meet and partner with. Congratulations to every one of you for the difference you're making, and from the bottom of our hearts we say thank you for being our partners in contribution.

**SOME GREAT NEWS!!!!**  
**OUR NEW TRAINING CENTER and OFFICE**  
**256 W36th St. (btwn 7th & 8th), 2nd Floor, NY, NY**  
**Stay tuned for a launch party date!**

**All programs after Labor Day Weekend will take place here!**

We love you,

**Lisa & Peter**

**LP4 has chosen to support**  
**Synergy Youth Empowerment,**  
**STAY TUNED for EVENT DETAILS**

#### Synergy & Leadership Events

**BE THE DIFFERENCE**

**September 14**

#### Synergy Legacy Haiti Fundraiser

8pm-11pm at Ajna Bar, 25 Little West 12th Street, NY NY 10014  
*Food, Fun, 50/50 Lottery and raffles and high end ticket items. We will also be collecting food items of Kashi bars, peanut butter, protein bars and trail mix to bring to Haiti.*

[SYNERGY LEGACY HAITI](#)

**September 15-September 20 [BASIC WORKSHOP](#)**

*Who are you Being the Difference for? Those who have shared the September Basic with three or more who complete the workshop are invited to attend our Abundance & Prosperity Workshop for Free!*

[Register Now](#)

#### Support Juvenile Diabetes

Jacki Schoonmaker, LP4 is committed to increasing research funds for type 1 juvenile diabetes **Sept 14 & Sept 28 @ 8:30pm 603 Vanderbilt Ave., Brooklyn NY**

**Texas Hold 'em Charity Poker**

[MAKE A DONATION](#)

**Making Strides against Breast Cancer at Jones Beach**

*October 16, 2011 Team IMAGEine Life Without Breast Cancer Contact Donna Halperin, LP5 [Dhimagemag@gmail.com](mailto:Dhimagemag@gmail.com)*

[MAKE A DONATION](#)

**Sarah Prario, LP5 is supporting [The Black Feather Horse Rescue](#), a rescue that has already placed 50 horses into loving homes, and [Cradles to Crayons](#) who has a vision that "One day every child will have the basic things they need to**

#### Have something to say? Contribute to our next Issue!

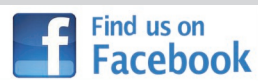
#### Let's hear from you!

Please send your articles, book reviews, letters to the editor, events, photos or anything you would like to share to Raina Mosca, [RainaMosca@gmail.com](mailto:RainaMosca@gmail.com). Your submissions will be considered for our upcoming newsletters! Let's keep our community connected!





The first annual [Synergy Legacy trip will be to Haiti.](#)



This journey began as a vision of contribution and a calling to make a difference in the world. It is an opportunity for any Basic Graduate to experience a world view of contribution.

We will be traveling with “[Wings over Haiti](#)”, September 29-October 2 2011, supporting the construction of a school and medical clinic in Port au Prince., our group will also be bringing transformational work to the community. **There is still room for more to participate, please contact us.**

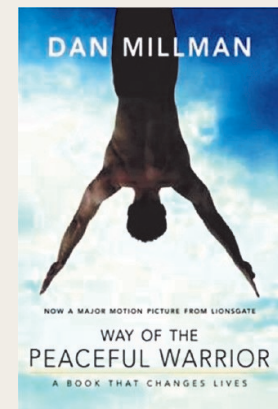
Our fundraiser will be on Wednesday, September 14th at Aina Bar, 25 Little West 12th Street, NY, NY 8pm-11pm. Join us for a night of food, fun, 50/50 lottery and raffles for high end items. We will be collecting the following food items to bring with us to Haiti, Kashi bars, peanut butter, protein bars, and trail mix. We will be present at the September 18th graduation where you can sign up to join us and donate food items.

*We Synergy Legacy Haiti are committed to creating, connection, courage, and transformation by bringing love, contribution, joy, and abundance for a renewed and empowered Haiti!”*

**Synergy Legacy Haiti Committee**  
*Reggie Rousseay, Fred Pesce, Christine Duncan, Melissa Rousseau, Joy Schonholz, Fran Pelz, Wendell Thomas*

A few months before I entered the Synergy workshops I was introduced to Dan Millman’s body of work.

The foundation for his work is a book/movie pairing called “Way of the Peaceful Warrior.” Based on Millman’s life experience, he really did a wonderful job of grounding me prior to experiencing Synergy. I prefer the audio book (read by Millman). The movie stars Nick Nolte and, in my opinion falls short of the books, though it has valuable insights.



Go to [www.peacefulwarrior.com](http://www.peacefulwarrior.com), and you will find all of the information on Dan Millman’s work.

*-Submitted by Bill Newgent, LP2*



“Nurture your minds with great thoughts, for you will never go higher than you think.” - Benjamin Disraeli *-submitted by Paula Schafer, LP1*

“There is a difference between interest and commitment. When you are interested in doing something, you do it only when circumstance permit. When you’re committed to something, you accept no excuses, only results.” -Author Unknown- *submitted by Millicent Robertson, LP4*

“My Husband and I want to thank all of the coaches and those in contribution for the first pre-teen SYE empowerment workshop, it was amazing experience for our daughter Auyanah” - *Zulma Vera, Parent of SYE Pre-Teen Graduate*

“I sent Coach Matt a message that said ‘You Matter & SYE Rocks’”— *submitted by Aiyannah Vera, SYE Graduate*

“Always remember to get present. Are you winning? Losing? Are you even playing? When playing to win, belief is the foundation of results, believing you’re enough opens the door to endless possibilities. Where do you stand? *-Submitted by Ben Zeitlin, LP1*

“The bigger the game I am playing, the more I find Synergy work to be of use. I run a thriving business, and my wife and I have two young children, after graduating from LP1 I continue to find the time to volunteer at Synergy, because it grounds me and supports me in my vision of abundance , transformation and contribution. My business, health and relationships have shifted for the better because of this work and I am committed to continuing to pay it forward! It’s an honor to be a leadership coach and coordinator and be counted on among those who are aligned with the vision of a world that works. Not to mention that the people at Synergy are a lot of fun!” *-Submitted by Antonio G. del Rosario, LP1*

## The Results of Synergy

**by: Anne Oulette, LP3**

When a person opens him or herself up to the universe with a positive desire for life, the answers that come back are fascinating. Initially I was exploring ways to support the medical profession become a healthy community again along with sending young people to transformational workshops. At first glance, they may seem to be two separate projects, but as I came to find out they were all intertwined in the “wheel of life”.

I began work with a hospital system to deliver care in a healthy way, which ultimately would become a model for all other areas, including areas of interaction between caregiver and institution and, of course, the patient. The individuals that were responsible for this project have come to embrace it as the development of an entire system and the care of a community.

During the time when we were getting the hospital program up and running I began a mentoring program for medicine, with the Boys and Girls Club of Broward County (BGCBC), linking high school students with local physicians for “externships” in high school; allowing the students to discover any desire they may have to enter the medical profession. BGCBC has hired a staff member to be responsible for mentoring and programs associated with this, and we are moving in a forward direction.

One of the issues that shows up when mentoring, is creating a “match” between mentor and mentee. Mentoring is an organic process, and cannot be mandated, in an effort to support communication between mentor and mentee, we are exploring the use of transformational workshops. Having a mentoring program with open, empowered, vulnerable, generous, authentic participants will create tremendous success for the program. Transformational work has now extended into many facets of my life, including the work I do with the Workman Compensation, specifically in the school system to improve the care of teachers and those employees necessary to run an effective education system.

In looking back at my life, I can see where my ways of being are critical, including early in my career when I became the Chief of Hand Orthopedics at the University of Miami, one of very few women around the country, leading a group of mostly male residents and fellows. What woman in a man’s life commands respect and is an authority? His mother. I am the mother of two sons, and I felt that implementing a “family unit” mentality in our medical team.

This has all lead to the final project which is a mentoring program for all Florida medical students across the state that wish to enter Orthopedics, through the Florida Orthopedic Society, and will be implemented by next years meeting. With all the pressures and worries of life, the world is in need of transformation and I have taken that mentoring and nurturing attitude and have expanded it to include my greater community in way that I could not imagine prior to Synergy.