

Becky Seabrook

Education Class 3

Why are you interested in serving on the ALF board?

Supporting organizations that do great work in the community has always been important to me. I believe strongly in ALF's mission and values and think that the organization is an asset to the Greater Houston community. I decided that if I were able to use my time, talent, or financial gifts to support the work that ALF does, I would.

How do you feel about leading the Senior Fellows committee this year and what are you most excited to work on?

I'm honored and excited to be leading the Senior Fellows committee this year. It's very energizing to be a part of a group of thoughtful and creative individuals who are dedicated to the ALF mission. Rebecca Block does an incredible job of managing the programs and events that are offered, so it's a joy to work with her.

I'm particularly excited about exploring the transition from Fellow to Senior Fellow – identifying those aspects of the ALF fellowship that people value and ensuring that they're reflected in the programs and events for Senior Fellows.

Are there any ALF lessons/techniques that you apply in your daily life/professional/community life?

In 2018, I attended the day-long Engaging Across Difference workshop. I thought it was incredibly timely and practical and often find myself thinking back on it.

What value does your American Leadership Forum membership provide to you?

When I was invited to become an ALF Fellow, I remember thinking that it sounded like a great opportunity to network, something that didn't necessarily come naturally to me. But it's been so much more than that. Membership in the American Leadership Forum has afforded me the opportunity for intentional and intense personal and professional reflection and growth. It has also resulted in friendships with incredible people whose paths might not have crossed with my own if not for the ALF community.

Is there an ALF experience that has stayed with you?

There have been many powerful moments, particularly during the fellowship year. But there is one particularly vivid memory from the Wilderness Challenge retreat: the solo. My class had just descended the mountain after our climb. I was tired but in good spirits and was looking forward to an evening under the stars. As we approached the field where we'd do our solo, I noticed a deer leg hanging from a tree limb. When I pointed it out to one of staff, he suggested it could be the work of a mountain lion in the area. As I lay huddled in my sleeping bag at the base of a tree that night, watching electrical storms off in the distance, I had a lot of time to reflect on our surroundings. After several restless hours debating which was more dangerous – lightening, mountain lions, or frostbite – I grabbed a stick, dragged my sleeping bag over to a nearby yurt, and curled up on the top bunk in the far corner, as far from the meat-scented BBQ pit as possible. If I was going to be a mountain lion's midnight snack, I was going to make him work for it.

They say you can learn a lot about yourself during a solo. It was rather humbling to fail so spectacularly at getting through the solo, thwarted by a combination of an overactive imagination, post-partum hormones, and a healthy respect for nature. But the following morning, as the sky slowly brightened, my thoughts

were still, and I experienced an incredible peace. That ability to quiet your mind and your fears, particularly in the midst of hectic or difficult times, is such a gift. Maybe the juxtaposition of the stressful evening (albeit self-imposed) with the stillness of the dawn made the experience that much more poignant. So the solo was quite effective and memorable for me, just not in the way that I imagined it would be.