

## Leadership & Coaching Highlights

August 2023



### 7 Tips to Enhance your Self-Esteem and others'

Strengthening our self-esteem is critical to leading a 'good life'. It requires us, first, to actualize our self-awareness, then to accept our whole, flawed self, and next to accelerate our personal growth.

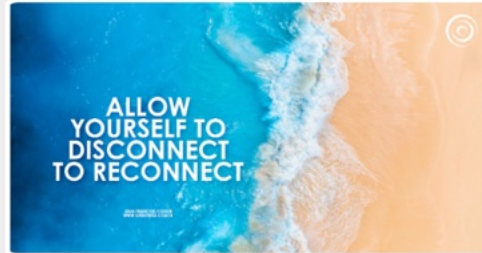
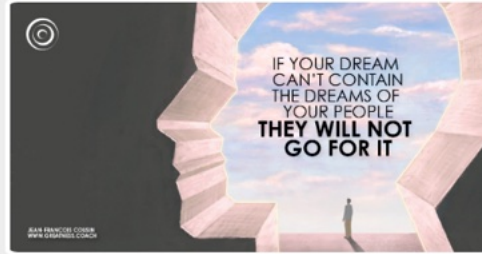
Going through the process regularly enables us, as leaders, to coach our people to enhance their sense of self worth as well, which will empower them to replace toxic behaviors by healthy ones. A lot is at stake.

[Read more here](#)

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### Leadership Quotes





## Useful Resources



### Gallup's "State of the Global Workplace 2023" Report

In its latest report, Gallup estimates that low engagement costs the global economy \$8.8 trillion (9% of global GDP), and that global workers' stress remain at a historic high – even after negative emotions related to the COVID-19 pandemic have subsided.

Simultaneously, the percentage of employees thriving at work has reached a record high. Top recommendation from Gallup: "Focus on your most winnable employees. Nearly six in 10 employees are quietly quitting, but they are likely to become engaged with a few changes to their



### 'Aeon' newsletter: a world of fresh, most original answers to big questions

Aeon's free, weekly newsletter is one of my cherished sources of inspiration. Every Saturday, it offers meticulously curated articles and videos with profound and provocative thinking about a very wide range of topics.

Just to name recent ones: "Why seek self-realization?", "Inside the unique creative space where 'outsider' artists find their form", "When grief doesn't end", "The dinosaurs didn't rule", or "How might the dreamworlds of other animals differ from

workplace”.

[Explore key insights and download the report free-of-charge here](#)



## Enjoy a very special live coaching demo!

You are welcome to join us for a very special live coaching demo: I will be coaching a volunteer (may be you?) speaking a language I don't understand, leveraging some of Albert Einstein's insights about energy.

You can discover how this enables coaches and coachees to do brilliant work and trigger 'quantum leaps' in coachees' transformation.

[Learn more about this program and register here](#)

our own?” ...

Aeon asks “the big questions and find the freshest, most original answers, provided by leading thinkers on science, philosophy, society and the arts”.

[I invite you to take a look here](#)



## How coaching boosts the success of tech companies

Join us free-of-charge on 5<sup>th</sup> September at 6pm IST (8:30pm China, 7:30pm Indochina) and learn:

- the kind of leadership nurtured by some of the “world’s most admired companies”
- the impact on employees’ mindset and behaviors, and on teams’ agility and collaboration, in our digital world
- how coaching skills help leaders
- how leaders and coaches can best support the growth of agility and collaboration in organizations

[Register free of charge here](#)

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