



# WARM WISHES AND WISE INSIGHTS FOR 2023

*"There are two great days in a person's life - the day we are born  
and the day we discover why."*

- William Barclay

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Happy Holiday Season to you and your loved ones, and a warm welcome to this newsletter!

The year-end is a great time to step back and reflect about how we grew over the past 12 months and to prepare for a greater New Year - Life and Relationship wise. As a small gift for you, here are:

- [10 wise insights for a Great Life](#)
- [10 wise insights for your personal growth](#)
- [10 wise insights to enhance your relationships with others](#)

In this newsletter, you will also discover insights and practical tips about agile collaboration and team motivation in a VUCA world, as well as inspirational quotes and resources.

And, if you are a coach or a coaching-style leader, you might enjoy 10 insights and 10 tips harvested along my first 10,000 coaching sessions.

Happy reading and my very best wishes of wellness, love, fulfillment and inspiration to you and your loved ones all along 2023!

Jean-Francois Cousin, MCC

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## FEATURED ARTICLES



### Wise Insights for a Great Life, harvested over 10,000 coaching-sessions

To start with, here are 10 wise insights about unleashing your character:

1. It's all in a name: L.I.V.E... Love, Inspire, Value, Enjoy.
2. More sense, less buzz;  
More vision, less confusion;  
More courage, less excuse.
3. Streamline your Purpose; focus it on what matters most to you and to others.
4. You'll stay young as long as you don't resist change and -instead- befriend and influence it!
5. Great mess precedes Greatness. It grows your strength.
6. Happier people forgive more.
7. Genuine humility and sincere gratitude are the hallmarks of great people.
8. Start your day with gratitude for the best parts of you and your Life.
9. You will be offered an abundance of choices today; make them with generosity for others.
10. Find that light in you that can be a beacon for others, and let it shine.

Discover 10 wise insights to boost your personal growth and 10 wise insights about enhancing your relationships with others [here](#).

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## 10 Insights and 10 tips for coaches

I am so grateful to the great people I have had the privilege to serve - they taught me more than I could ever have imagined, and especially about how to coach them better!

I am grateful as well to the countless mistakes I am doing everyday as a coach, for they are great teachers too! And they remind me that there is so much more to learn to improve my coaching practice. May I share with you 10 insights I learnt from my dear clients and my mistakes, as well as 10 tips for new coaches?

What is ONE insight you can leverage today, to unleash even more of your success as a coach?

I am curious to know which of those 'wise insights' will resonate the most with you, and which ones you could add to the list. You are so welcome to share!

To discover 10 tips for new coaches, read [here](#).

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## A REFLECTIVE SPACE

*(Popular Articles)*



There are countless factors increasing volatility, uncertainty, complexity and ambiguity ('VUCA') in our business world today.

How can leaders overcome such challenges? What must they accomplish to create a culture of agile collaboration?

[Read more here](#)



When it comes to people engagement, money is like sugar; it's sweet but the taste quickly disappears, and it's really addictive.

So instead of monetary rewards, what can you do as a manager, parent, or friend, to motivate people around you?

[Read more here](#)



Some years ago, before COVID-19 shook the world, we were staying in a beautiful resort by the beach on Sentosa Island in Singapore.

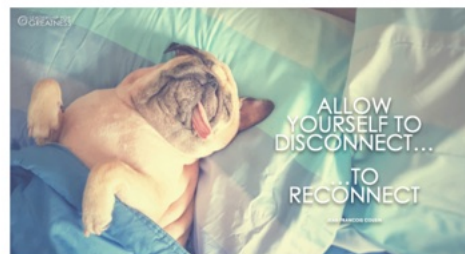
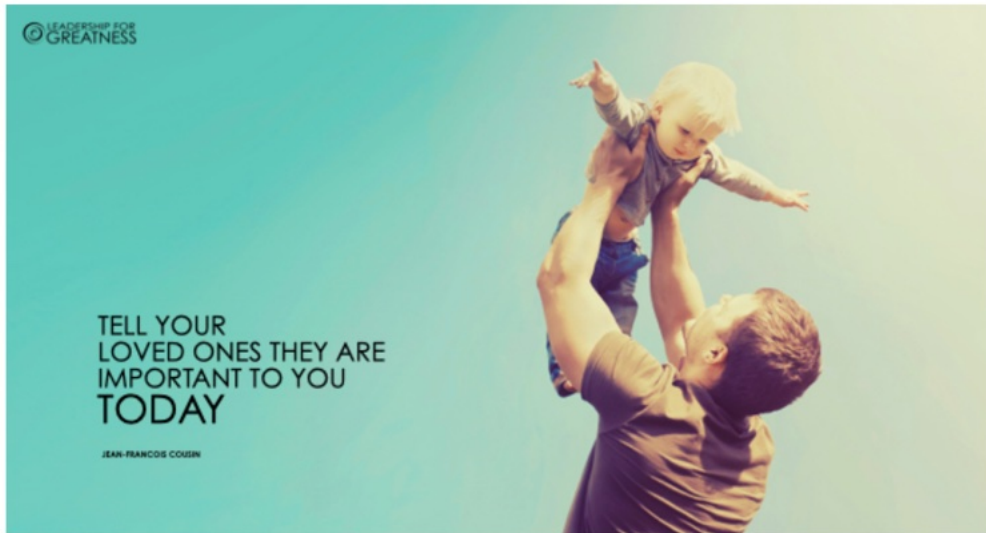
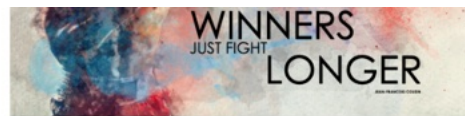
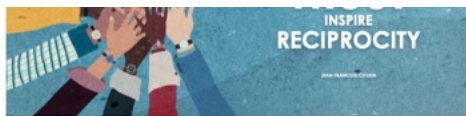
We were conducting a team-building workshop and took a few lessons from the hotel's executive team.

[Read more here](#)

## QUOTES

(Popular Quotes)





## FOR YOUR INSPIRATION

(Resources)



### Forward Thinking: On the cusp of a new era?

Current economic and political turbulence could presage the start of a new era that is structurally different with a new narrative of progress.

Discover it in this McKinsey Global Institute's white paper "On the cusp of a new era?"

[Read more here](#)



### Challenge: "Tough questions to answer before you shape the future of your business, your team and yourself"

When was the last time you paused and asked yourself, "how do I need to evolve as a strategist, a leader and a person to best shape the future of my business, my teams and myself?"

[Read more here](#)

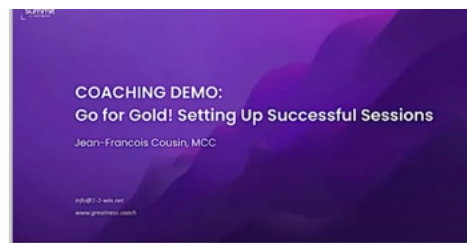


## Forecast: Industry Outlook 2023

The continuing pandemic, the war in Ukraine and high inflation have forced many companies to scale back their 2022 forecasts - are global conditions going to improve in 2023?

The Economist Intelligence Unit serves up their annual industry guide to provide foresight into critical global trends and threats.

[Download the report here](#)



## Video for Coaches: Go for Gold! Setting up successful sessions - with a demo

Co-creating value with/for your clients becomes so much easier when you drill down into what matters most early in the session.

Mining for profoundly beneficial objectives early on can help you reach what matters most to the client quickly.

[Read more here](#)



## GZERO Media's global politics newsletter

A daily brief about world news, smart, irreverent, balanced and quite comprehensive. I enjoy it very much, and rely on it quite a bit to stay current on world issues that matter. You may like to give it a try!

[Read it here](#)

[Subscribe here](#)



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