



GREATNESS

LEADERSHIP COACHING

MARCH 2019

How will you energize yourself and fulfill your goals?

"Well-being is a vital part of leadership because only leaders who are well can successfully lead others."

Whitney Hopler

Welcome to this 13th quarterly newsletter and much gratitude for reading it!

As I entered my 13th year in the coaching profession and am honored and humbled to serve as the chairman of the International Coach Federation Global Board in 2019, I realize more than ever the importance of self-care and vision for leaders... Coincidentally, this newsletter is a lot about helping you energize yourself and fulfill your goals.

I hope that you will enjoy and benefit from discovering:

- [6 tips from CEOs who make a Great difference](#)
- [10 'vital' activities for you](#)
- [15 Healthy Practices for Your Emotional Well-Being](#)
- [10 activities to enhance your inner peace and mindfulness](#)

I am also sharing [a few special moments along Q1 of my service to ICF](#), at the request of some of you.

This is a time of the year when many companies revise their strategic plans, so I enclose a number of useful information for you, at the end of this newsletter.

Happy reading and my very best wishes of great energy and fulfilment all along Q2 2019! 😊



Jean-Francois Cousin

Speaker, Author and
Master Certified Coach

Director at the Global Board
of the
International Coach Federation
(ICF)



PS: We fully comply with GDPR requirements and wish to remind you that you can unsubscribe from this newsletter by simply clicking [here](#).

A REFLECTIVE SPACE

Popular Articles

POPULAR ARTICLE #1



6 Self-Help Tips from CEOs to make a Great Difference in 2019

"The key is not in spending time, it is in investing it."

Stephen Covey

With so many daily tasks, constraints and unexpected disturbances at work, CEOs could be the least likely to achieve anything great at all.

Those who succeed do a few things right. I've chosen 6 of them which (I hope) will help you make your Great Difference to 2019.

The article will tell you more about how you can practically:

1. Protect your time for what matters most
2. Decide what you will NOT do

3. Delegate even more
4. Coach your people
5. Neutralize your time-wasters
6. Protect time for 'self-renewal'

Discover more [here!](#)

POPULAR ARTICLE #2



A choice of 10 'vital' activities for You in 2019

"The mark of a great man is one who knows when to set aside the important things in order to accomplish the vital ones."

Brandon Sanderson

Your health and stamina come first! In this [article](#), you'll find a choice of 10 'vital' activities you can embrace in 2019.

For instance:

- Taking a short power-nap to be as fresh in the afternoon as you are in the morning
- Offering yourself one full-day totally off-from-work each week
- Ensuring your body posture at your office is sound

Read more [here](#).

May I invite you to embrace two or three out of the 10, in Q2 of this year?

I am curious to know which of those vital activities will appeal the most to you. You are most welcome to share 😊

Here are 2 extras:

- [A quick diabetes-risk assessment](#)
- [A simple 9-minute workout you can do in your office](#)

POPULAR ARTICLE #3



15 Healthy Practices for Your Emotional Well-Being

As almost everyone, you may occasionally suffer from anxiety, a bad temper, irritability, anger or mood swings. In this article I am sharing a number of healthy practices which can help you take better care of your emotional health and nurture meaningful social interactions and connections.

Here are a few of those healthy practices:

- Power your Life with at least 3 boosters...
- Identify your recurrent emotional triggers
- Focus on the positive, 5 minutes a day at least
- Start with 'Thank you' when you reply to a statement you believe to be hostile
- Tell 'significant others' they are important to you

What is the ONE practice you can adopt today, to enhance your emotional well-being?

To discover the 15 healthy practices for your emotional well-being, read [here!](#)

POPULAR ARTICLE #4



10 activities to enhance your inner peace and mindfulness

"Almost all the problems of mankind arise from the inability to be alone with oneself in a room for any period of time"

chosen in a room for any period of time.

Blaise Pascal, 17th century French philosopher

How to heighten your mindfulness, your presence to yourself and others, your peace of mind and your sense of self-worth?

Here are a few of the (easy) activities you may embrace:

- Stop doing, stop thinking for a while, and just be quiet
- Appreciate the moment
- Forgive others
- Learn an easy 5-to-10 minutes yoga practice

Discover more [here!](#)

A FEW MOMENTS IN MY FIRST QUARTER AS ICF GLOBAL CHAIR *Special Diary*



Happily celebrating my 52nd birthday with my dear Board colleagues

I am honored and humbled to serve the members of International Coach Federation this year as the chairman of its Global Board, together with 8 Directors from 5 continents whom I deeply admire, our brilliant CEO Magda Mook, our vibrant Staff and over a thousand passionate volunteer-leaders in more than 142 countries.

Some of you have asked me to tell a bit about what we are working on, and I am glad to share with you a few special moments along our first quarter 😊

At its core, my work as the chair is a lot about supporting all leaders in our Association to bring out their best, individually and collectively, in service of delivering always more value to our members and of boldly leading the future of Coaching.

Our volunteer leaders are at the forefront of our efforts, and the first letter the CEO and I wrote in January 2019 was one expressing our gratitude to them. I also offered [New Year wishes](#) to Chapters.

My [second message](#) was to our almost 35,000 members, acknowledging the great difference they can ignite around them as coaches and encouraging them to help make our world a better place in 2019.

A bit later in January, we enjoyed on-boarding 3 new Directors to our Global Board, from Kenya.

Ireland/UAE and France, who bring a wealth of experience and diversity to our work.

We also welcomed 4 new Chapters (in the Caribbean's, Doha, Iran and Serbia) and are now a very big family of 134 ICF Chapters world-wide!

January is the time when our Global Board convenes for 3 days of intense work, to update our strategic plan for the next 3 years, and best enable ICF to boldly lead the future of Coaching and deliver always more value to its members.

Of course, we also tackle a host of operational topics, including the preparation of our bi-yearly global coaching conference, 'Converge '19', happening on October 23rd-26th in Prague. (see more details about our work [here](#) and my [video summary](#).)

As our Board gathered in Mumbai, we had the joy of meeting Indian coaches as well as a group of human resources professionals and other purchasers of coaching from local corporations.

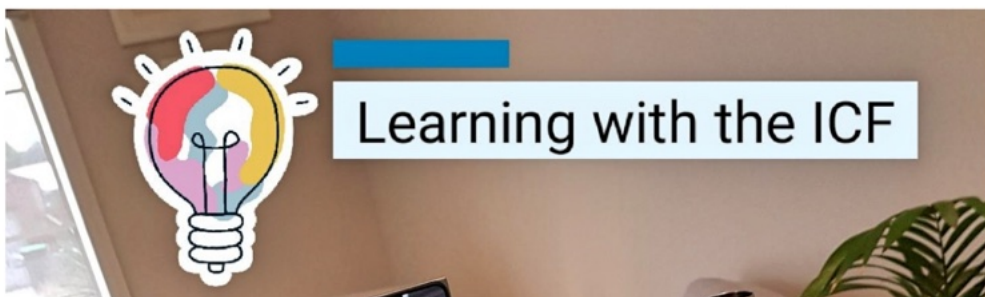


ICF Global Board in Mumbai, January 2019

In February, I visited our headquarters in Lexington, USA, and engaged in far-reaching and inspiring conversations with our 57 full-time staff, all passionate and experts in their fields. Here are my [impressions](#).

Along Q1, I had the chance to join a couple of high-value webinars from our vibrant [Communities or Practice](#), which offer continuous education to ICF members on a very wide range of topics with world-class experts, all free of charge.

I also enjoyed interacting with hundreds of our colleagues who joined ICF Chapters webinars in Australasia and then in China about the theme: "[Igniting and leveraging your business... Do's and don'ts learnt the hard way!](#)" See a participants' reflections [here](#) and [here](#).





A participant's snapshot of an ICF webinar

In March, I joined 200 Volunteer Leaders and Staff in Dublin, Ireland, at our yearly 'Global Leadership Forum', to unite our energies and insights in service of boldly leading the future of Coaching and delivering always more value to its members. We all learnt a lot from each other and came out inspired and ready to make a greater difference as a Profession to the world in 2019 and beyond.

Q2 will be filled with great milestones for the ICF, and of course the '[International Coaching Week](#)' (April 29 - May 5, 2019). I hope you can join the open-to-all events that will happen near you!

NEXT SPEAKING ENGAGEMENTS

Hakkında Konuşmacılar Program **LİDERLİK ZİRVESİ** Sponsorlar Davetiye İletişim

Boğaziçi Üniversitesi Liderlik Zirvesi 19

Katılmolar

- Prof. Dr. Aygünül Tokar
- Sirheer Dua
- Jean-François Cousin
- Bülent Eczacıbaşı

[Istanbul, April 18th 2019](#)

International Coaching Week 2019

03 May, 8:00 am - 7:00 pm
Singapore Recreation Club, 8 Connaught Drive, 179802, Singapore 179802

Register Now

- JEAN-FRANÇOIS COUSIN
- CORINNE WILLIAMS
- MANON SWAVING
- JEDIDAH ALEKIKH

[Singapore, May 3rd 2019](#)

FOR TRAVEL LOVERS
Postcards

POSTCARD #1 - MUMBAI, INDIA (Jan. '19)



Namaste from 'the Gateway of India' in Mumbai! 😊 Enjoying the wonderful Indian hospitality, the vibrancy of the city and its people, and the inspiration from my dear fellow ICF-members, all in a day! 😊 Amazed at the transformation Mumbai has been through since my previous visit a few years ago... 'Incredible India'!



View the photo-gallery [here!](#)

POSTCARD #2 - NEW YORK CITY, USA (Feb. '19)





Greetings from sunny and freezing Time Square, New York City 😊 Perhaps the very best type of weather to recover swiftly from the 18-hour long flight from Singapore and fade the 12-hour jet-lag? [Sunshine helps to reset our internal time-clock big time!](#)



View the photo-gallery [here!](#)

POSTCARD #3 - LEXINGTON, KENTUCKY, USA (Feb. '19)





Grateful for three intense days spent meeting and working with ICF's 57 full-time employees, enjoying their shared passion, and learning from their far-reaching experience and expertise 😊 Many of them are Kentucky-based, others are spread from Sydney to Moscow and from Chile to Korea 😊 And we still managed in the last hour to go for a brief tour of Kentucky's beautiful countryside, adorned with its famed horse-farms, French-named cities (Versailles, Lafayette...) and bourbon distilleries. What's not to love? 😊 Here's a [video-summary!](#)



View the photo-gallery [here!](#)

POSTCARD #4 - JOMTIEN, THAILAND (Mar. '19)



After a few busy trips far away, I decided it was time to do nothing for two days, just being mindful of and enjoying the beauty of nature... So simple, so great! 😊 Shouldn't we all try such short-breaks more often? 😊



View the photo-gallery [here!](#)

POSTCARD #5 - DUBLIN, IRELAND (Mar. '19)



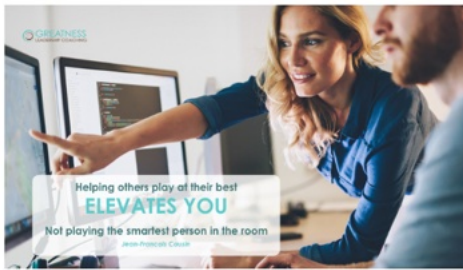


Vibrant colors of Dublin... and there's so much more to this friendly city! An Irish proverb says, "your feet will bring you where your heart is" - even truer as I get to join my 200 fellow ICF volunteer leaders from 5 continents in Ireland.



View the photo-gallery [here!](#)

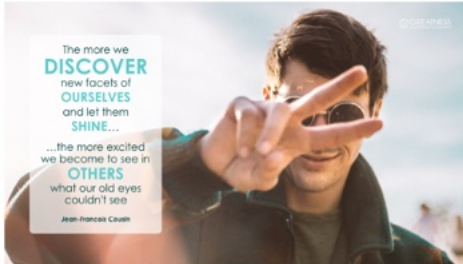
QUOTES



Helping others play at their best elevates you.
Not playing the smartest person in the room.



Enjoy what others are good at, accept their weaknesses!



The more we discover new facets of ourselves
and let them shine, the more able and excited we
become to see in others what our old eyes
couldn't see.



Self-acceptance prompts us to outgrow our
frustrations with ourselves.

FOR YOUR INSPIRATION

Resources for strategic planning

SHORT-TERM ECONOMIC FORECAST

Global Economy Watch - Projections

Check out PWC's economic projections, main scenario GDP and inflation projections.

[Read more](#)



LONG-TERM ECONOMIC FORECAST



Winning The '20s: A Leadership Agenda For The Next Decade

Winning the present is challenging enough, but the more essential task of leadership is winning the future. Read BCG Henderson Institute's Leadership Agenda for the Next Decade.

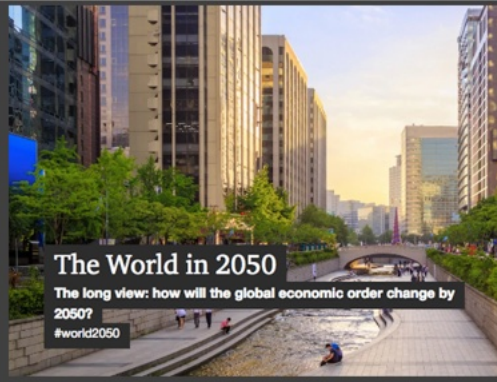


[Read more](#)

The World in 2050

How will the global economic order change by 2050? Read PWC's report for their latest long-term global growth projections to 2050 for 32 of the largest economies in the world, accounting for around 85% of the world's GDP.

[Read more](#)



Medium Magazine 2069

Bionic brains. Robots. Cutting-edge efforts to blunt the effects of climate change. The future of healthcare, tech and business. Check out this issue of Medium magazine - 2069 - predicting what life will be like in 50 years from now.

[Read more](#)

The Global Landscape of Corporate Vitality

Read this article by BCG Henderson Institute to find out that "The most vital firms are highly geographically concentrated: 42% of the Future 50 are headquartered in the US, and another 42% are in Greater China."

[Read more](#)



Future of Work

As robotics, AI, the gig economy and crowds grow, jobs are being reinvented, creating the 'augmented workforce'. Watch this video to reconsider how jobs are designed and work to adapt & learn for future growth.

[Read more](#)

PAST ECONOMIC TRENDS

Wawamu Stats

You will find several videos about past



economic trends on this YouTube channel.

[Visit the channel here](#)

Here's one example - the ['Top 10 countries with the highest GDP from 1960 to 2017'](#)



Top 15 best global brand ranking since 2010

Watch this video to see the speed growth and fall of the world's leading brands in 7 years.

[Watch the video here](#)

SOCIAL MEDIA

Thailand Coaching Society

What are the impacts of a leader's mindset and behaviors on employees?

[Find out in this Facebook video](#)



Here's to wishing you a Great Life in 2019!

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

Happy Holiday Season to you, 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 a greater New Year, Life and Relationships wise. Herewith, for you, are:

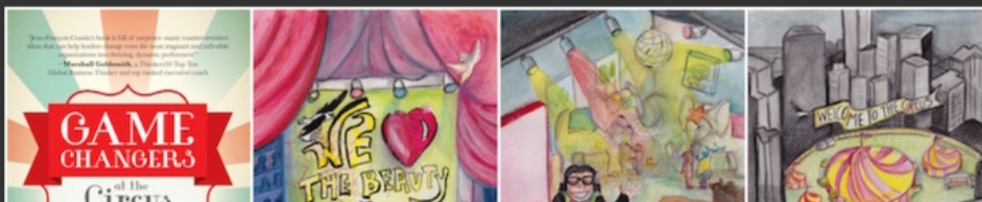
- 10 wise insights for a Great Life
- 10 wise insights for your personal growth
- 10 wise insights to enhance your relationships with others

Greatness Newsletter, December 2018 Edition

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

- William Barclay

[Check out the previous edition of the Greatness Newsletter!](#)





There are autocratic lions in a workplace.

And there are peace-loving elephants, nonchalant chimps, eager beavers, single-tracked eagles, and self-centric snakes too.

All protect a crippling status quo until a game changer joins and unleashes greater possibilities.

Will you be a Game Changer at your Circus?

Get your copy now on [Amazon!](#)

Here's to the Greatness in You!

Copyright © Greatness Leadership Coaching 2019

Reach out to us at info@greatness.coach if you'd like to learn more about our services

Please click [here](#) if you wish to unsubscribe from this newsletter

Stay connected and follow us on social media!



 **GREATNESS**
LEADERSHIP COACHING

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Greatness Leadership Coaching · La Maison 22, unit 10A · 77/4 Sukhumvit soi 22 · Klongtoey, Bangkok 10110 · Thailand

