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Your resourceful companion for our crisis-time

"There are things we can all do to get through this by following the advice of experts and taking care of ourselves and each other, no?

Remember, despite all the current events, there is no crying in baseball."

Tom Hanks

A warm welcome to this newsletter, which - I hope - finds you well in the midst of this most challenging period.

I titled the previous edition, "Here's to Your Game-Changing next Decade!", but the fact is we are all compelled to change our game right now. In this crisis, we need to bring out our best, as individuals and as humankind. Physically, intellectually, emotionally and spiritually.



John F. Kennedy famously said, "The Chinese use two brush strokes to write the word 'crisis.' One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger - but recognise the opportunity."

Let's become opportunity-seekers for a better future. And why not start by doing those good things we wanted to do - but lacked time for - and embrace what we do have control over. That's no less than:

Taking better care of ourselves

- · Choosing love vs. discrimination
- · Deepening our relationships
- · Showing kindness and support to others
- · Elevating our conversations, the coaching way
- · Boosting our personal and professional development
- · Laughing many times a day
- Nurturing hope
- Being an example of humanity and inclusion for others especially the younger ones

This newsletter is designed as your resourceful companion in this crisis, offering lots of ideas and opportunities for you to bring out the very best in yourself and others over the next months. I hope you will enjoy and share it!

I am also glad to invite you to join me on Thursday (2 April 2020) to the free webinar I offer. I will discuss the hot topic, "COACH VS. CHAOS Throughout COVID-19 Social Distancing: Success Tips for Managers and Coaches!" You are so welcome to register here. I hope to interact with you then!

May I conclude exactly as I did 3 months ago, just with more urgency? "May we all together serve the growth of human potential and consciousness in 2020, our world needs it more than ever!"















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SPECIAL HIGHLIGHT

Bringing out the best in yourself and others now + 10 vital activities for you

Isn't this *the* time to wisely surrender to the flow and do all good things we wished to do when we didn't have enough time?

It could start with fun activities! Surely many are still advisable. And you may try out:

- Visiting great museums, virtually and free-of-charge!
 - Go there
- Enjoying operas at 'The Met', virtually and free-of-charge!
 - o Go there
- Singing along with Italians on balconies, virtually and free-of-charge
 - See this, and that, and that too!
- Participating to Ivy League online courses while at home
- And checking what you can do in this list:

Seize the Oppo	rtunity of Ho	me Quarantine
Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those		
things you never have time for	Tick the ideas you're v	villing to try and share this list.
Sort and tag your digital photos	Write a poem or story	Join an <u>online community</u> of likeminded people
Make into a collage or poster	Start a Journal or Blog	Reach out to someone who lives
Research your next holiday	Read the books you never have time for	alone or is feeling anxious
Do a photography project	Yoga or exercise class	☐ Host a Skype / Zoom dinner party
Attend a <u>Twitter Conference</u>	Spruce up your CV	Or a virtual support group
Declutter. Baby steps.	Start your novel	Get some positivity into your social media feed
Research a charity to support	Try an art project	Try positive psychology activities
Prep and <u>freeze some meals</u> for when you're sick or back at work	☐ Binge on <u>iview</u>	Cook an amazing breakfast
Create a digital scrapbook	Revamp your garden	Create an amazing treasure hunt
☐ Start a gratitude journal	Practice mindfulness	or clue-trail for a family member
Write letters of love or thanks	Try an elearning course	Get familiar with online grocery shopping: create favourites lists
to your people. Post them. Research something you have	Make a cook book	Or virtual dance party: You dress
always wondered about	Create homemade gifts	up and groove to the same music
☐ Have a scented bubble bath	Phone old friends	Organise your music playlist
with candles and music	Play parlour games	Reorganise your wardrobe
Write an advice letter to the teenager you were. Write	Fix broken stuff	Delete all the apps you don't use and discover some new ones
another to yourself in 20 years.	Design a dream home	Hold a family or street singalong
Learn a heritage skill like: baking, woodwork, preserving, mosaic,	Practice <u>forgiveness</u>	☐ Try some science experiments
ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap +	Plan your next party Kick a bad habit	Deliver supplies to those in need
candle making, crochet, permaculture, knots, fire building, home remedies.	Try adult colouring in	Rediscover a dusty appliance,
☐ Draw an apple using a different	Join a virtual bookclub	instrument or boardgame
style each day, for a week.	☐ Find great podcasts	Research training opportunities for when the world reopens
Attend a <u>virtual symphony</u>	Update your goals	☐ Build something amazing with
Catch up on great movies	Upcycle something	Lego (You know you want to)
Learn to say a favourite phase or quote in 7 different languages	Build a free website	Brainstorm marketing ideas for your business, club or charity
Try Creatively Visualising goals	Re-arrange furniture	Write to your MP about an issue
Create a detailed spreadsheet of	Start a dream journal	Create a list of "Things to be
how you would spend \$10 million	☐ Binge TED Talks	Happy About": add to it each day
Created for attributed, non-commercial free sharing.		

forward, such as:

- Keeping the big picture in mind and knowing sane decisions to make about the
 pandemic, by following Tomàs Pueyo here; here's a worthwhile read from
 him, with very thorough explanation of coronavirus spread drivers and clarification
 of decisions that must be made and when by organizations/politicians to limit
 the virus spread on Medium or on LinkedIn
- Checking <u>Covid-19 resources for coaches gathered by the International Coaching Federation</u>: great for your well-being, very useful to sustain your coaching practice and to best support your clients at this challenging moment

It could also be activities for your self-development, such as:

- Enjoying those <u>TED Talks</u> you've been wanting to for some time
- Watching videos about leadership, communication and coaching on my YouTube channel
- Joining my free webinar about "10 success tips to coach well across distance during this stressful period of social distancing" on 2 April 2020. Register here

And it could be things to do that enhance your overall well-being! Check:

- This swinging <u>musical summary</u> on what not to do!
- · Social distancing in the 2 snapshots below



- My <u>recommendations</u> for your physical, intellectual, emotional well-being and for your mindfulness
- My articles "15 healthy practices for your emotional well-being" and "10 easy
 activities to enhance your inner-peace and mindfulness" in the next section of this
 newsletter, and the rest of this newsletter all the way to its "Resources" section

 ...
- · ... starting with this article:

10 vital activities for you in 2020

"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 wrote, in "The Alloy of Law". Your health and stamina come first!

In this challenging time of coronavirus pandemic, here is a choice of 'vital' activities you can offer to yourself and your Greatness in 2020 - may I invite you to choose two or three you can embrace in the first quarter of 2020?







Vital Activity #1

Schedule your yearly comprehensive health check-up next weekend!



Vital Activity #2

Sleep profoundly and wake up gently. Ensure your bed is good for your back. Sleeping early and waking up early is more rejuvenating than sleeping late and waking up late.

Adopt a relaxing 'ritual' before you sleep, signalling 'bed-time' to your body (e.g. read a novel that takes your mind away from stress).

Drink a full glass of hot or warm water as you wake-up (squeeze-in half a yellow lemon or a full green lime if you can!).



Vital Activity #3

Take a short power nap, to be as fresh as you are in the morning.

Research has proven its huge benefits, so just dare to! Ask your personal assistant to prevent any phone calls or meetings for 30 minutes. When you travel, shorten your lunch and arrange to rest for a while.



Vital Activity #5
Optimize your diet!

Make a yearly appointment with a qualified dietician and require *practical and convenient enough* advice. Anything else won't stick to your routine.

If you don't eat much fruits or vegetables, do meet that dietician promptly!



Vital Activity #4

Offer yourself one full day off from work each week. No access to emails! Ideally, turn off your phone too!

Spend quality time with others (to be fully present) and do creative activities that inspire you.



Vital Activity #6

Exercise more, at home and at work.

If you don't have time to go to the gym, hire a personal trainer for a few sessions and ask her/him to teach you exercise-routines you can do at home and at work.

Find your way to make those exercises exciting, so you don't get bored (do them with someone, watch something interesting, listen to music etc.)



Vital Activity #7

Ensure your body posture at your office is sound.

Ask a certified chiropractor or an osteopath to assess your body posture and give you advice.

Arrange to stand when you work at your



Vital Activity #8

Reduce or eliminate smoking and alcohol consumption.

Seek assistance of a professional if you can't kick away your addiction(s) to toxic substances.

computer. Stand up, stretch yourself and walk around at least once during mid-mornings and twice in the afternoons.



Vital Activity #9

Pamper yourself regularly, to a massage or spa session.

Just make sure you enlist professionals with proper credentials!



Vital Activity #10

Discipline is key to success! Choose an accountability-buddy! Keep yourself honest and find a like-minded buddy to work with you on your commitments!

Insert regular reminders about your commitments in your calendar so that your focus will be renewed

Output

Description:

The 'corporate athlete' in you can benefit greatly from a support team, just as sports champions do. How about hiring the temporary services of a doctor, a personal trainer, a dietician or chiropractor on a need-basis?

Just as professional athletes need renewal after their intense efforts, you need it too. I will recommend a number of easy practices to rejuvenate yourself as we explore together how you can enhance your intellectual vigour, emotional well-being and spiritual health in the coming weeks.

If you'd like to dive into that exploration right away, just download the guide here!

Lord Buddha said, "Every human being is the author of his own health or disease", and the Chinese proverb adds, "The best time to plant a tree was 20 years ago. The next best time is now."

This is your Action-time!

(This article was posted on LinkedIn and you are most welcome to share it!)

A REFLECTIVE SPACE

Popular Articles



15 healthy practices for your emotional well-being

As with almost everyone, you may occasionally suffer from anxiety, a bad



10 easy activities to enhance your inner-peace and mindfulness

You will be great only when you feel

temper, anger or mood swings.

I'd like to share some ideas that can help you take better care of your emotional health, or (simply) your ability to understand and appropriately express your emotions, and to nurture meaningful social interactions and connections. great - physically, intellectually, emotionally and spiritually. Here's a spread of 10 easy activities to help enhance your inner-peace and mindfulness!

Read more here.

Read more here.

SPEAKING ENGAGEMENTS

Speaking Engagement #1

Worldwide (virtually)

Success Tips that Every Manager Needs to Know to Coach Well





As part of the launch of my first Coaching Masterclass "Unleash The Great Coach Within You", I offered a Live Webinar about the '5-6-7' rule in coaching:

- 5 Pitfalls to Avoid: The mistakes you might be making without knowing
- 6 'Must-Do's: Practical Coaching Techniques You Can Implement Immediately
- 7 Rewards For You and Your Career Followed by a Q&A session.

I hope you will enjoy it! Watch the video here.

The next Coaching Masterclass starts on 28th April &

Speaking Engagement #2

Houston, USA (virtually)

10 Insights and 10 Tips to Coach at Your Very Best in 2020







10 INSIGHTS and 10 TIPS TO COACH AT YOUR VERY BEST in 2020

HARVESTED OVER 10,000 COACHING HOURS

By Jean-Francois Cousin, MCC

Houston, January 2020

It was a joy to interact with my Texan friends and colleagues and share our insights and tips about how to 'be' as a coach in a session to unleash your Client's greatest progress and fulfilment.

I offered 10 insights and hands-on advice to coach masterfully, and 10 practical tips to help (new and not so new) coaches overcome their insecurities and support their Clients with greater ease and success.

Read my presentation here.

Speaking Engagement #3

New Delhi, India

Building Coaching as a skill to bring out the best from yourself, others and organizations





So grateful for the chance of offering a keynote at the International Coaching Conference in New Delhi!

A super-engaged audience of several hundreds of leaders, HR professionals and coaches, a fantastic program, mesmerizing speakers and all perfectly organized by ICF Delhi NCR Chapter! Many thanks and congratulations to Dr. Badri Bajaj and his A-Team for pulling together seamlessly this major event.

My theme was "Building Coaching as a skill to bring out the best from yourself, others and organizations". With a brilliant audience of academics, business leaders and coaches we discussed

- What is coaching? (watch this video)
- · What coaching is not?
- Why coaching matters?
- How does coaching work and help human beings, leaders, organizations and businesses grow sustainably?
- · What ascertains the credibility of coaching?
- · Why coaching has become the key lever to become a better leader, a better

mentor or just a better role-model?

 How coaching improves and accelerates change management in organizations and businesses?

Read my presentation here.

Speaking Engagement #4

China (virtually)

From busyness to greatness: simple steps to bring out your best, with ease!





Via Zoom and WeChat, I had the joy to share dozens of practical tips to take best care of oneself in in challenging time. I discussed

- How's your stamina today? How 'sharp' are you today?
- Which beliefs may hold you back from feeling and being great?
- Why I almost got fired... Could you ever run the same risk?
- The only two categories of super-performers amongst senior executives
- How you can save some time and invest it for what matters most
- Your key-choices and steps-forward: easy 'healthy practices' to enhance your physical stamina, intellectual vigor, emotional well-being, inner-peace and mindfulness, and bring out your best with ease

You may like to discover those tips for self-care. May I invite you to download my presentation (in English with Chinese translation) here?

Speaking Engagement #5

Chicago, USA (virtually)

Boldly leading the future of coaching in a fastchanging world





I engaged passionate coaches and leaders on these topics:

- Which kind of leadership organizations need, to thrive in a VUCA world
- How the world's most successful companies in the Silicon Valley enhance interpersonal trust within small teams and larger groups, value and leverage diversity, to foster inclusive ways of being and an inclusive workplace
- · Traits of a collaborative leader
- · Traits of an agile leader
- Latest most-successful leadership practices, and provides recent research from ICF, Accenture, PWC and HCI about what makes workplaces successful
- · Impact of Coaching cultures
- How we need to be, as leaders, and practical steps we can take, to support the growth of inclusion, trust, agility and collaboration and the emergence of collective intelligence in our own organizations

Read more here.

NEXT SPEAKING ENGAGEMENTS

Next Speaking Engagement #1

Worldwide (virtually) - 2 April 2020

COACH VS. CHAOS Throughout COVID-19 Social Distancing: Success Tips for Managers and Coaches





A unique & immersive 90-minute session, including opportunities for Q&A throughout, so you can learn:

- Practical tips to coach effectively across distance during the CoVid 19 pandemic
- · Pitfalls To Avoid: The mistakes you might make without knowing
- Must-do's: Practical coaching techniques that you can implement easily
- And more!

Webinar Date and Times Click on the links to register

Thursday, 2nd April 2020 at:

9am GMT / 5pm Singapore Time or 1pm GMT / 9pm Singapore Time

Next Speaking Engagement #2

Worldwide (virtually) - starting 28 April for 7 weeks

Coaching Masterclass "Unleash the Great Coach within You"





I am delighted to share with you that my second Coaching Masterclass is coming up and will be enriched with additional live interactions and new videos, thanks to great ideas.

from the wonderful participants to the first edition!

May I invite you to browse through the Masterclass outline here and share it with colleagues or friends who could benefit -leaders/managers, internal coaches or trainers, as well as coaches wishing to strengthen their core-skills-?

It is a highly interactive, gamified learning-experience where participants exchange with classmates and benefit from the daily support of a team of dedicated professional coaches to support their learning.

The Masterclass includes 3 live webinars with me, demonstrations, social learning and many practical tips and templates... to 'unleash the Great Coach within You'!

The Masterclass is approved by the ICF as a CCE program. Participants will earn 8 CCEU's with their certificate of completion Θ

Please reach out to our dedicated Masterclass Support Team at masterclass@timeo-performance.com with your questions and we'll be in touch!

Click here for more information.

Next Speaking Engagement #3

Worldwide (virtually) - 3 June 2020 (9pm China/Singapore; 8pm Thailand/Indonesia; 3pm CET; 2pm UK; 9am EST; 10am Brazil)



WBECS Pre-Summit



I am delighted to be invited again to speak at the World Business and Executive Coach Summit. I am finalising my topic, please <u>check</u> here in April to discover it!

Next Speaking Engagement #4

Germany (virtually) - 9 April 2020 (12pm CET)

Why and how coaching boosts the success of tech companies in the Silicon Valley



Why and how coaching boosts the success of tech companies in the Silicon Valley

09.04.2020 | Jean Francois Cousin | Virtual Education

Let us dive into the Silicon Valley and explore the DNA of Leadership shared by some of the world's most admired companies. Jean-Francois Cousin, a global executive coach and the Chairman of the Global Board of the International Coach Federation in 2019, is a recognized expert in leadership and a former senior executive. Mr. Cousin will share unique insights from his first-hand experience, in his thought-provoking and experiential manner, and address:

- which kind of leadership is being nurtured by some of the "world's most admired companies"?
- how does coaching help?
- what is its impact on employees' mindset and behaviors and on team's agility and

- collaboration, in our digital world:
- how do we need to be as coaches and leaders, to support the growth of agility and collaboration in the organizations we serve?
- how will our newly founded ICF Thought Leadership Institute help boldly shape the future and impact of coaching?

Click here for more information.

FOR TRAVEL LOVERS

Postcards

Postcard #1

Puebla, Mexico





Wow, what a special birthday it was!

First, thanks to you, my friends, as you lightened up the day with your beautiful wishes! You made my heart sing, and then, so did the amazing colors and the music all around at Puebla and Cholula, near Mexico city!

Oh, and it was Chinese New Year day too! More than enough to forget (for the day at least...) the jet-lag of my Bangkok-Hong Kong-Vancouver-Mexico flights! What's not to love? And the fun is not over just yet: I am now invited to try the local 'Mezcal' (Tequila's competitor) I will cheer to you all

View the full photo-album here.

Postcard #2

Phuket, Thailand







Wow, quite a nice scenery as I reach my hotel this evening, no?! Looking forward to a day and a half of coaching with a great, friendly team! What's not to love? 69

View the full photo album here.

Postcard #3

Penang, Malaysia





So grateful for the chance to stroll around Georgetown on Penang island and enjoy its vibrant mix of cultures, religions, colours, street art and food! Almost every street corner is a surprise! $\stackrel{\omega}{=}$

View the full photo album here.

Postcard #4

Bangkok, Thailand



Tis' a season for stay-cations, to discover, savour and support local splendours! Today, The Siam hotel, nestled on the shore of Bangkok's Chao Praya river. A jewel of elegance and a haven of calm = an ideal retreat for anyone seeking to their strengthen their sanity of mind and their optimism in this troubling period... Have you found your own space for such quest? 69

View the full photo album here.

LEADERSHIP & COACHING QUOTES



Find that light in you that can be a beacon for others, and let it shine today!



How will you inspire others to raise the bar for themselves today?



Drop your mask, dare to be humble, and open up. Only then can you really connect with others.



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



Appreciate yourself more and you will appreciate others more.



Great leaders see Greatness in others and unleash it! What Greatness can you discover today in those around you?



Self-leadership is our toughest challenge. Its reward - authenticity - the key to leading at higher levels.



To help someone improve, start with growing their self-esteem. Then they'll help you help them.

FOR YOUR INSPIRATION

Resources





Resource #1

Covid-19 resources for coaches, from the International Coach Federation

Lots of useful resources for your well-being, for your coaching practice and to best support your clients at this challenging moment.

Read more here.



Resource #2

Fast execution needs fast strategy - BCG

Four fast-strategy imperatives for leaders: "communicate a consistent mission; establish a shared strategic context; lead with strategic intent; design for speed." While it may sound obvious, the challenge is in the doing. Check how it can work and why it must!

Read more here.



Resource #4

The new social contract in the 21st century - McKinsey

The relatively positive perspective on the state of the economy in the 21st century so far needs to be complemented with a fuller assessment of the economic outcomes for individuals as workers, consumers, and savers. Download McKinsey's report to find it.

Read their overview here.



Resource #3

The "trillion-dollar coach" behind tech's top CEOs

Co-authors of the eponymous book, Eric Schmidt, former chairman of Google and parent-company Alphabet, Jonathan Rosenberg and Alan Eagle, share lessons they learnt from their coach Bill Campbell, who also served many among the most successful leaders along the Silicon Valley's first two decades in business.

Watch more here.

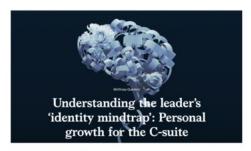


Resource #5

"Global Gender Gap Report 2020" - World Economic Forum report

This year's edition of the report benchmarks 153 countries and provides country rankings that allow for effective comparisons across and within regional peers. There is progress but a lot more to be done, especially in political empowerment.

Read the full report <u>here</u> and the 'data explorer' <u>here</u>.



Resource #6

Understanding the leader's 'identity mind trap': Personal growth for the C-suite

When we recognise our potential and seize relevant growth opportunities, we enhance our chances to solve business challenges coming our way. Here's an insightful article from McKinsey about such evolution beyond our 'identity mindtraps'.

Read more here.



Resource #7

In disruptive times, the power comes from people: An interview with Eric Schmidt

Former CEO and Chairman of Google, Eric Schmidt speaks about the dizzying speed of disruption, as well as how to nurture and position people to harness technological dynamism for the greater good of organizations and society.

Read more here.



GAME CHANGERS AT THE CIRCUS

There are autocratic lions, peace-loving elephants, nonchalant chimps, eager beavers, single-tracked eagles and self-centric snakes - all together in a workplace, protecting a crippling status quo

Then, a game changer joins and unleashes greater possibilities that no one ever thought or dreamt of...

Will you be a Game Changer at your Circus?

Available now on Amazon

Here's to the Greatness in You!

Reach out to us at jfc@1-2-win.net to learn more about our services

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