

IMPOSSIBLE IS NOTHING

"Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it.

Impossible is not a fact. It's an opinion."

- Muhammad Ali -

Dear Friends, Clients and Colleagues,

A warm welcome to this Q3 newsletter!

Here we are, bracing for 'the last mile of the year, with the desire to make it matter!

You'll need your most positive energy, to bolster your leadership impact, and here you will find '10 simple ways to motivate yourself and others (at zero cost)' and also 'how to let go of your limiting beliefs' - an article inspired by Roger Bannister, the first athlete to run under 4 minutes, when everyone else was believing that to be impossible!

And you will need your sharpest coaching skills, to bring out the best in people around you! This newsletter offers lots of practical ideas and tools to enhance your effectiveness at coaching. And a special invitation to my very first public, online masterclass - 'Unleash the Great Coach within you', delivered in January and February 2020, delivered over 7 weeks. I hope you can join and enjoy this high-impact learning journey!

Here's to wishing you an exhilarating and fulfilling last mile of 2019!















PS: We fully comply with GDPR requirements and wish to remind you that you can unsubscribe from this newsletter by simply clicking https://example.com/here.

A REFLECTIVE SPACE
Popular Articles

POPULAR ARTICLE #1



10 Simple Ways To Motivate Yourself And Others At Zero-Cost

Money can be over-rated... when it comes to motivating people!

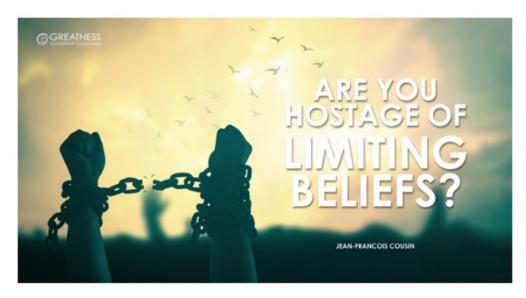
After all, who goes to work everyday energized by the thought of their pay-slip at the end of the month? Who remains excited about their bonus one week after getting it?

Really, when it comes to people engagement, money is like sugar - it's sweet, but the taste quickly disappears. And it's addictive - as we hint sometimes in Singapore when we joke "money not enough"!

Let's then take monetary rewards out of the equation. What can you as a manager, a parent or a friend do to motivate yourself and the people around you?

Read more here!

POPULAR ARTICLE #2



Are You Hostage Of Limiting Beliefs?

"I would never die for my beliefs because I might be wrong."

Bertrand Russell

Before 1954, doctors and scientists agreed it was impossible to run a mile under 4 minutes, and many actually believed you would die trying. Roger Bannister did not believe so, and was the first athlete to run a mile under 4 minute. Most interestingly, in the next 12 months, dozens of athletes decided to try as well and did run the mile in under 4 minutes...

What we think and believe will affect how we behave and perform. As D.H. Lawrence wrote, "the mind can assert anything and pretend it has proven it."

Which 'limiting beliefs' hold you back from moving forward towards Greatness?

Read more here.

SPEAKING ENGAGEMENTS

SPEAKING ENGAGEMENT #1



World Business and Executive Coaches Summit, webinar streamed world-wide:

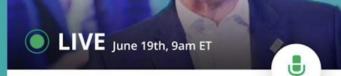
"10 insights and 10 tips to coach at your very best, harvested over 10,000 coaching-hours"

10
INSIGHTS
and TIPS
TO COACH



AT YOUR VERY BEST

HARVERSTED OVER
10,000 COACHING HOURS
By Jean-Francols Cousin, MCC



Jean-Francois Cousin

WBECS 2019 Pre-Summit Speaker

Quite an exciting exercise for me, with close to 1,700 participants from all continents on-line! Just 45 minutes to share some wisdom and experience, no time to beat around the bush! Happy ending with a score of 9.28 out of 10 on the assessment-poll at the end Θ

View the slide-deck here.

SPEAKING ENGAGEMENT #2



Seattle, WA, USA:
"The Value of Coaching in High-Tech, from
Seattle, WA"



Seattle hosts huge tech companies, such as Microsoft, Google, Amazon, T-Mobile, Apple, to name a few. I had the pleasure to present briefly about the "Value of Coaching in High-Tech" with a particular focus on Seattle tech hub, and then enjoy a panel discussion with executives from Microsoft, Expedia, Boeing and the Dean of Washington University's School of Business, facilitated by thought-leader Janet Harvey.

Among what I heard from those remarkable leaders and what made my heart sing:

- · 'Now, a leader is by definition a coach'
- 'Leaders must develop people for exponential change and create a workplace where learning is the constant'
- 'The [coaching] space for reflection will lead to contribution and greater outcomes'
- 'It is so helpful to go to those dark, unexplored, strange places inside and find answers'
- 'It is liberating to be who you are 24/24'
- · 'The soul journey to learn who you really are helps you know others better'
- · 'Coaching offers a much needed 'island of sanity, integrity, dignity and creativity"

It was also inspiring the discover that Microsoft leadership principles are all rooted in coaching, see for yourself:



















THE VALUE OF COACHING IN HIGH-TECH, FROM SEATTLE!



THE VALUE OF COACHING IN HIGH-TECH, FROM SEATTLE!



3 LEADERSHIP PRINCIPLES MICROSOFT

Create Clarity

Synthesize the complex thinking about how to lift up everyday demands to achieve a clear vision for your work and what you ask of others.

Define a course of action thinking about how to provide a sense of direction for others even in the face of ambiguity.

Ensure shared understanding thinking about how to communicate generously to ensure alignment with others.

Generate Energy

Inspire optimism, creativity, and growth - thinking about what inspires you about your work, and how to tap into that energy to inspire others.

Create an environment where everyone does their best work - thinking about incorporating inclusive behaviors into your leadership approach.

Build organizations that are stronger tomorrow than today - making sure our actions are aligned with the goals of the broader organization and Microsoft's direction.

Deliver Success

Drive innovation that people love - thinking about drawing from new sources of information to come up with new and big ideas.

Be boundary-less in seeking solutions - how to break through the impasse, taking a step back to see the forest from the trees.

Tenaciously pursue the right outcomes - how to not confuse activity with results, helping others be productive without sacrificing quality.

View the slide-deck here.

SPEAKING ENGAGEMENT #3



Nairobi, Kenya:

"What's so important in the Leadership-DNA of the Silicon Valley' most admired tech companies, and how it unleashes collective intelligence and boosts their success"



I was delighted to visit Kenya again and meet with brilliant, inspiring African leaders and fellow-coaches in the first-ever leadership and coaching conference in East Africa!

Amongst many highlights: the MD of a trailblazing company explaining - in details! - how coaching 'core competencies' enhance employees' engagement, retention, enrich the leadership pipeline, improve the top and bottom lines and -best for last-increase employees' bonus! (all backed up by solid numbers!)

Aside of the conference, I went 'glocal' with Kenyan's famous 'boda boda' motorcycle taxis, set up by... Uber:-) An effective way to beat the traffic and have more time to enjoy the National Museum... and a humbling exhibition about our journey from primates to humans. A skull exhibited dates back 18 million years... Oh, and we share 96% of our DNA with chimpanzees...

View the slide-deck here.















SPEAKING ENGAGEMENT #4



Russia: "10 insights and 10 tips to coach at your best"



It was a joy to share '10 insights and 10 tips to coach at your very best' with passionate Russian colleagues and then learn from their own expertise!

This is what I talked about (with Russian translation) here.

SPEAKING ENGAGEMENT #5



Bangkok, Thailand: "Coaching: the Game Changer"



worlds sharing inspiring insights about changing the game for better outcomes and how coaching helps!

See for yourself here

Notably mind-expanding and awareness-raising was Ms. Cindy Sirinya Bishop's talk about her unique way of applying coaching to her role as social activist, to create impactful, sustainable change for society, and about her inspiring initiative to empower women to protect themselves from harassment, a topic we coaches stand united to help with (read more here, and here).

I talked about ICF longer term strategy as well as about how and why coaching helps the most admired Tech companies change their game and thrive.

Read my presentations here and here.









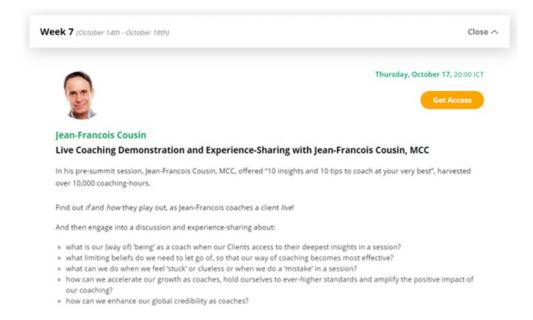




NEXT SPEAKING ENGAGEMENTS

October 17, at 9am ET / 9pm China / 8pm BKK / 3pm ET

Live Coaching Demo



I am excited to speak at the 9th annual WBECS Summit on October 17th at 9am ET / 9pm China / 8pm Bkk / 3pm CET.

I will offer a live coaching session and lead a discussion and experience-sharing about

- what is our (way of) 'being' as a coach when our Clients access to their deepest insights in a session?
- · what limiting beliefs do we need to let go of, so that our way of coaching becomes most effective?
- · what can we do when we feel 'stuck' or clueless or when we do a 'mistake' in a session?
- how can we accelerate our growth as coaches, hold ourselves to ever-higher standards and amplify the positive impact of our coaching?
- · how can we enhance our global credibility as coaches?

You can secure your spot at wbecs.com.

UPCOMING SPEAKING ENGAGEMENT #2

November 7, Vina del Mar, Chile

"Unleashing collective and inclusive intelligence: what is helping the world's most admired tech companies to do it well?"







The IODA international conference is an annual gathering of Organizational Development professionals which offers participants the opportunity to become involved in multi-cultural interactions, in order to explore new thinking, to engage with different communities and to enjoy new learning opportunities.

This year's event is focused on "Inclusion & Diversity: A Journey towards building Trust"

I look forward to joining many friends and colleagues from Latin America and beyond in Chile!

Click here for more information.

UPCOMING SPEAKING ENGAGEMENT #3

November 11, in Quito, Ecuador

More information available soon here.











November 13, Panama City, Panama

More information available soon here.







UPCOMING SPEAKING ENGAGEMENT #5 November 15, Munich, Germany

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Learn more here.

A SPECIAL VIDEO DIARY





My one-year term as the Chair of the Global Board of the International Coach Federation couldn't be more exciting! A lot of great developments are unfolding, and in this 'mid-year recap and look ahead' <u>video</u>, I share about:

- the bold strategy that we have set forth to lead the future of coaching and deliver more value to our members. You can learn more about our plan at here. If you are interested, you can also fill out the volunteer interest form at the bottom of this webpage for potential future opportunities,
- the success of <u>International Coaching Week 2019</u>, with more than 100 ICF Chapters having hosted more than 600 events worldwide,
- the work of the <u>ICF Foundation</u>, which in conjunction with ICF Chapters, which has impacted 2.5 million individuals,
- the overwhelming demand for coaching at the Association for Talent Development (ATD)
 conference. Over the course of four days, 12 ICF Credentialed coaches delivered 45-minute pro
 bono coaching sessions to more than 140 conference attendees.

I would also invite you to do three things:

- watch and share our #ExperienceCoaching client testimonial videos. These videos feature real
 coaching clients and their ICF coaches. They are an inspiring resource to use with current and
 potential clients to show the transformative power of coaching. You can also encourage your
 clients to share their own story, as we are looking for more stories to share with the world!
- complete and share the 2019 Global Coaching Survey, which is commissioned by ICF and
 conducted by PricewaterhouseCoopers (PwC). The survey is designed to provide an up-to-date
 picture of the coaching profession and empower coaches to embrace the opportunities and meet
 the challenges ahead. The information we collect from this survey can offer you insights to help
 you grow your business and help you understand where you fit into the marketplace. Any coach or
 manager/leader using coaching skills may complete the survey. Internal and external coaches are
 both welcome, as well as ICF and non-ICF coaches. The link is
 www.CoachingSurvey2019.com.
- join the global coaching community at <u>ICF Converge 2019</u> in Prague, Czech Republic. Coaching
 colleagues from more than 65 countries have already registered. Converge is a great opportunity to
 connect with your peers, learn cutting-edge content and earn up to 14.5 CCE units.

Finally, I am so grateful to everyone who has helped make these projects so successful, as well as to all those who transform lives daily through coaching around the world!

FOR TRAVEL LOVERS Postcards

POSTCARD #1

Shanghai, China (June '19)





Grateful for the joy of interacting along 5 intense days with passionate, creative coaches and future coaches in Shanghai, Chengdu and Shenzhen 😊

So much fun and growth! Oh, and I met a working-robot strolling the hotel corridors and assisting guests to resolve issues they may have Θ . For example, opening the door for a guest who had forgotten her key in her room... And doesn't she look happy about her mistake? Θ

Coaching, Al... hello future!





View the photo-gallery here!

POSTCARD #2

Lexington, KY, USA (June '19)



Cheers to an awesome 3 days invested in co-creating the Future of Coaching @ ICF Headquarters in Kentucky! And heartfelt gratitude and appreciation to my ICF Global Board colleagues and to our awesome Staff for their passion, experience and foresight, all generously shared along a highly collaborative and

agile experience. I couldn't be happier and 'ICF-Prouder'!

Missing in our family-pictures are our Staff colleagues travelling or stationed abroad, who were 'present' to our work in a different way.

Here's to boldly leading the future of our profession and offering ever more value to our fellow ICF-members!

POSTCARD #3

Seattle, WA, USA (July '19)



Greetings from beautiful Seattle where I am enjoying the sights - vertigo at the top of the Space Needle, enchantment at Chihuly glass museum, and friendliness all around, what's not to love?

I was happily sleepless after Seattle 😊





View the photo-gallery here!



What a treat!!! Arriving at the Hilton Pattaya after a (long) day's work and being offered those colourful sunset vista, what's not to love?





View the photo-gallery here!

POSTCARD #5

Masai Mara, Kenya (July '19)



Informal meetings today at Masai Mara, Kenya, with 'Beauties and the beasts', some of whom/which have inspired my book... I was lucky to witness the impressive 'great migration' of wildebeests, literally running hundreds of miles towards greener pastures...

So much energy (and chaos too)! A thrilling day it was!









View the photo-gallery here!

POSTCARD #6

France (August '19)



So happy to see Notre Dame still standing proud, and well taken care of, with even palm trees planted nearby (for a mood uplift perhaps?)

And then to enjoy the South of France, of which the colourful vistas never cease to inspire the travellers And eventually the stunning landscapes of Brittany, my home-province, reminding me of one of my favourite quotes from French poet Charles Baudelaire in 'Les Fleurs du Mal':

> "La Nature est un temple où de vivants piliers Laissent parfois sortir de confuses paroles; L'homme y passe à travers des forêts de symboles Qui l'observent avec des regards familiers."

Something like, "Nature is a temple of which living pillars sometimes whisper confused messages; we walk across forests of symbols who observe us with familiar looks..."







View the photo-gallery here!

QUOTES



Listen to Google's former Chairman, Eric Schmidt, explaining exactly why companies need coaching.

Watch his interview here.



"Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an answer, or unleash a solution.

Giving another person the opportunity to find their own way, making their own mistakes, and create their own wisdom is both brave and vulnerable."



Partner with others to combine & unleash all of your talents and you'll shine together, way more than playing alone



Allow those who disagree with you to teach you something useful. What can you learn from them today?



The ultimate test of your greatness is in how you enable others to be great. How will you do it today?



Making excuses or blaming others belittles us. Taking responsibility strengthens us.

@ GREATNESS

ALLOW YOUR HEART TO SEE THE BEST IN EVERYONE AND TELL THEM WHAT YOU SEE WITH WHOM WILL YOU DO SO TODAY?



Allow your heart to see the best in everyone and tell them what you see.

With whom will you do so today?



Self-awareness and self-acceptance breed growth and self-confidence. What can you still learn or accept about yourself?

FOR YOUR INSPIRATION

RESOURCE 1

Unleash the Great Coach within you January and February 2020

Timeo-Performance presents Masterclass Unleash the Great Coach within You

With Master Coach Jean-François Cousin

7-WEEK MASTERCLASS: JAN. 8th - FEB. 28th 2020 | 100% Online LIVE WEBINAR | CERTIFICATION | USD388

Corporate packages available



A JEAN-FRANÇOIS COUSIN MASTERCLASS FOR EVERYONE INTERESTED IN COACHING – 100% ONLINE –

7-Week Masterclass: From Jan. 8th to Feb. 28th 2020 | 100% Online Live Webinar | Certification | USD388

Timeo-Performance has built the most effective learning experience and for the very first time, gives you access to the exclusive methodology and content from renowned global Executive Coach and Trainer, Mr Jean-François Cousin, a Master Certified Coach, global speaker, internationally published author and the 2019 Chairman of the Global Board of the International Coach Federation (ICF).





What you will learn in this Masterclass

- · Why coaching matters and what it will do for you
- · How you can as a coach help people to think at their best and develop their leadership style
- · The core coaching-skills to enable solid progress
- · How to handle resistance to coaching
- · An effective framework for a coaching session
- · How to elevate your leadership with coaching skills and unleash greatness in your organization

Take a look here.

"My masterclass isn't just about coaching in business, it's a personal journey too! We are going to reflect about who you are and who you can be, about your values, your mindset, your talents, and how you can leverage that all, to grow further into becoming a highly effective coach and then an even more effective leader...

You are going to experiment new ways of being with others, new tools to employ, and as a result, you will enjoy much more productive relationships with others, at work and in life.

Oh, and you are going to have fun all the way!"

RESOURCE 2

Probably the best Coaching conference so far! Prague, October 23 - 26, 2019



Converge19 is a dynamic global event designed to strengthen connections and offer cutting-edge learning opportunities. Whether you're an experienced coach with a thriving practice, a new practitioner on route to your ACC, an HR professional or a corporate leader who wants to build a coaching culture in your organization, Converge19 is the can't-miss learning and networking event.

Shall we meet and learn and celebrate together with well over a thousand coaches from around the world, in beautiful Prague on 23 - 26 October at Converge 19, probably the best Coaching Conference ever?

Watch the video <u>here</u>. Check the program <u>here!</u>

RESOURCE 3

Experience Coaching!

A video adventure into coachees' transformation



Enjoy the 12-week series that features the struggle, deep insights and successes of people being coached around the world. The series starts in New York City and will take your all the way to the Middle East.

Enjoy the adventure here.

RESOURCE 4

Short videos with practical coaching tips



- 1. Coaching is an act of unconditional love
- 2. The definition of Coaching by the International Coaching Federation
- 3. Be authentic, humble and vulnerable when Coaching!
- 4. Go deeper, sooner
- 5. Dance with your Client!
- 6. Silence is golden
- 7. Step back enough
- 8. Make your Client your teacher
- 9. Your intention matters a lot more than your questions
- 10. The less you 'work' in a session, the more your Client does!

RESOURCE 5

"Asia's future is now; how will Asia lead?", McKinsey

For years, Western observers have talked about Asia's massive future potential. But the future arrived even faster than expected. The question is no longer how quickly Asia will rise; it is how



Read more here and watch the video here.



RESOURCE 6

"The company of the future; winning in the 20's", BCG



In the coming decade, companies will increasingly need to <u>compete on the rate of learning</u>. Technology promises to play a critical role: artificial intelligence can detect patterns in complex data sets at extreme speed and scale, enabling dynamic learning. This will allow organizations to constantly adapt to changing realities and surface new opportunities, which will be increasingly important in an uncertain and fast-changing environment.

Enjoy!





GAME CHANGERS AT THE CIRCUS

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!

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