

*First  
Friday*



# WELCOME

## Community of Global Practitioners

IN CHAT,

1. Where are you Zooming in from?
2. What Corentus program did you engage in?

Coherence







**Community of Global Practitioners**  
*With a Passion for Transforming Teams*

# Corentus Community of Global Practitioners

*with a Passion for Transforming Teams*



Executive Certificate in Leadership Coaching



*Development, Support, & Care*



*In Memory of...*  
**Patty Brandmaier**

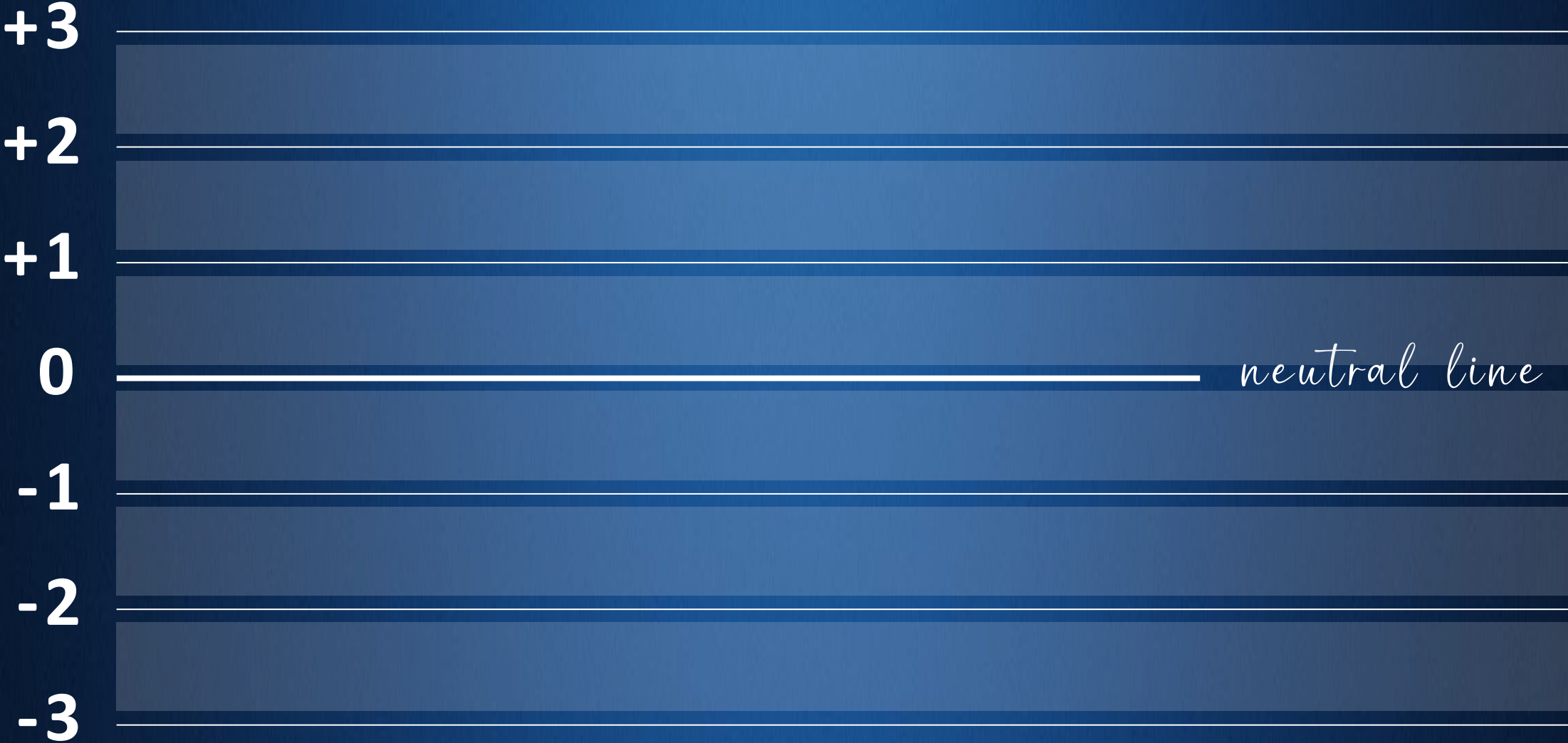


# *Our Time Together*

- **State of Mind Check-in**
- **This Month's Theme**
- **Thought Leader & Q&A**
- **What's New**
- **Mindfulness Moment**



# Corentus State of Mind Chart





*This Month's Theme*

# The Ripple Effect

Teams – the fundamental building blocks for driving organizational change

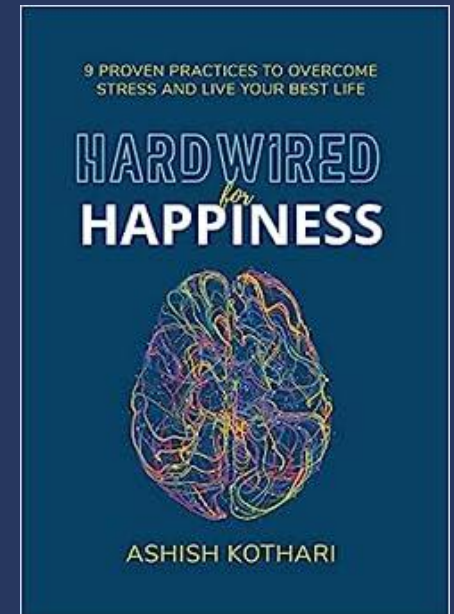




This Month's Thought Leader

# Ashish Kothari

*Unlocking full potential  
at individual, team and  
organizational level  
through investing  
in human flourishing*





# Why does happiness/flourishing matter for organizations

Operating targets and pressure to perform has never been higher on executive teams

Operating conditions have never been harder due to a perfect storm created by supply chain disruption, global uncertainty, inflation, geopolitical tensions, ecological disasters and racial unrest

Employees have never been more fatigued, exhausted and burnout (40-60%). Attrition has never been higher (20-30%) causing labor shortages at all levels



Companies with happier employees enjoy

Stock market returns<sup>1</sup> **~2X** 

Profitability<sup>2</sup> **+21%** 

Productivity<sup>3,4,5</sup> **+12-30%** 

Creativity<sup>5</sup> **3X** 

Employee turnover<sup>2</sup> **65%** 

1. <https://www.glassdoor.com/research/stock-returns-bptw-2020/>

2. <https://www.gallup.com/workplace/285674/improve-employee-engagement-workplace.aspx>

3. Oswald, Andrew & Proto, Eugenio & Sgroi, Daniel. (2009). Happiness and Productivity. Institute for the Study of Labor (IZA)

4. Bellet, Clement and De Neve, Jan-Emmanuel and Ward, George, Does Employee Happiness have an Impact on Productivity? (October 14, 2019). Saïd Business School

5. <https://hbr.org/2011/06/the-happiness-dividend>



9 practices that can help us rewire our brains and elevate our consciousness to flourish and be the best version of ourselves



# Practice gratitude

## Gratitude Map



“

He is a wise man who does not grieve for the things which he has not but rejoices for those which he has.

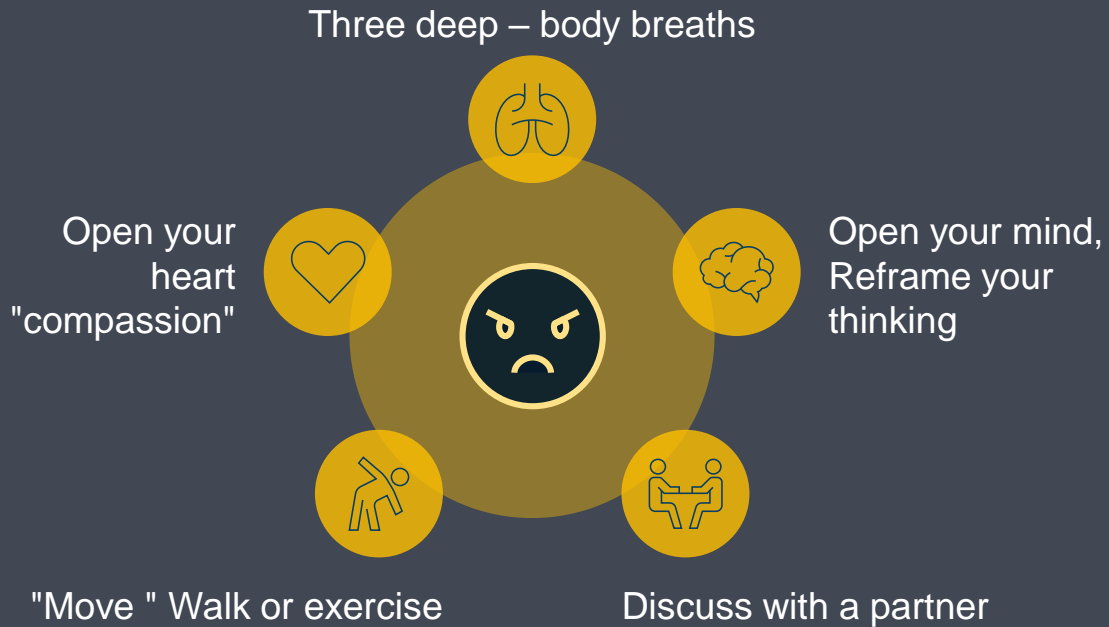
Epictetus

”



# Master your moods and emotions

## Managing anger in the moment



“

God, grant me the serenity  
to accept the things I cannot  
change,  
courage to change the  
things I can,  
and wisdom to know the  
difference.

**Reinhold Niebuhr**

”





# Happiness foundations master class (5 min micro-practices)

## 1. Awareness

- 1.1 Cultivating a Daily Practice of Awareness (APR)
- 1.2 Who am I? Creating Space between Mind-Body
- 1.3 Active Listening
- 1.4 One positive thing

## 2. Purpose

- 2.1 Integrating Strengths into work and home
- 2.2 Infusing Your Passion into work and home
- 2.3 Mind mapping to generate career options

## 3. Gratitude

- 3.1 Gratitude Letters
- 3.2 Gratitude Journal
- 3.3 Give it up

## 4. Mindfulness

- 4.1 Daily Mindfulness (savoring)
- 4.2 Mindfulness Breaks
- 4.3 Mindfulness – meditation practice

## 5.0 Mastering your Emotions

- 5.1 Mastering Fear and Anxiety
- 5.2 Working through Anger
- 5.3 Granting forgiveness

## 6. Generate positive emotions

- 6.1 Self Compassion break
- 6.2 Cultivating optimism: Best self exercise
- 6.3 Loving Kindness meditation
- 6.4 Acts of Kindness

## 7. Wellbeing

- 7.1 The Importance of Sleep
- 7.2 The Importance of Movement
- 7.3 Spending time in nature
- 7.4 Building focus

## 8. Community

- 8.1 Reconnecting with Friends
- 8.2 Family - Gratitude Report Card
- 8.3 Building a Professional Network
- 8.4 Feel Cared For

## 9. Living intentionally

- 9.1 Daily Intention Setting – How to be
- 9.2 Prioritization – Urgent versus Important

Course can be accessed through  
<https://community.happinessquad.com>



# Debrief and Q&A



**What are your biggest takeaways from our conversation today?**

**What is one thing you will implement starting tomorrow?**





# Thank you for engaging

## To learn more:

[www.happinessquad.com](http://www.happinessquad.com)

Community: <https://community.happinessquad.com>

Email: [ashish@happinessquad.com](mailto:ashish@happinessquad.com)

Linkedin: <https://www.linkedin.com/in/ashishkothari1/>

Instagram: <https://www.instagram.com/myhappinessquad>



*What's New*

**A PORTAL**

*for the Development, Support, & Care of the*

**Corentus Community of Global Practitioners**



# Mindfulness Moment

Thank you!  
Reach out.

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