



Stop and Reflect

Issue: # 164

April 201

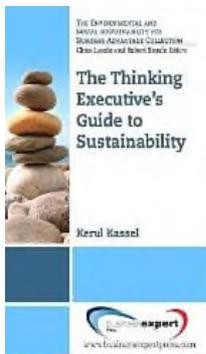
In This Issue

[Find out more about Coaching Teams](#)

[The three questions Self Assessment in 5 min](#)

[The 1 minute gift Gentle Interventions is out!](#)

The SUSTAINABILITY pick of the month:



What are the new thinking skills required for Executive's today? [Explore Prof. Kerul Kassel's latest.](#)



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Coaching Teams for High Performance

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Dear Reader,

Do you sometimes feel you are inside a treadmill even when you are inside the gym precisely? Do you wonder if a retreat in the mountains would bring you back your lost life balance and peace of heart?

If you recognize yourself in these images, take some consolation: you are not alone. Almost everyone is experiencing an increased need for meaning and purpose, and it's not yet clear how we can bring them into our busy days, nor how they would fit.

But it may be easier than we think. We invite you to look into the three questions that are relevant to these times.

Enjoy the reflection.

(And check out the **Quote of the Month** at the bottom - inviting you to Stop and Reflect...)

THE THREE QUESTIONS OF OUR TIME

By Isabel Rimanoczy

When I first presented my book, **Big Bang Being**, to a potential publisher, he came back with a question. "We like it", he stated, "but can you clarify into what category this book would go? Is it to be filed

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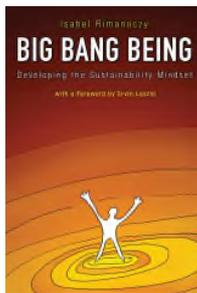
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fundamental wisdom"**

Rick Schnieders, Chairman and
CEO (ret.), Sysco Corp.



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Accelerate, Partner for
a Global Sustainability
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LeapIntoSustainability.org**

**With your first morning
coffee, get Isabel's
famous *Quote of the Day***

under 'Business', 'Sustainability' or 'Personal Development Spirituality'?"

I was pleased with his question -- which I had anticipated and feared but more than the question, I had feared publishers would simply dismiss the work because it didn't clearly fit into a category. By his asking, I had the opportunity to answer.

"All three", was my response. "It is addressing the three most important questions of our time: Who am I and what is my purpose? What will I do? (Business, Action) and How will I do it? (Sustainability).

As we endure increasing tensions in the social, political, economic and environmental arenas, we are literally living at the intersection of these three questions. A photograph of our urban life would show people moving with great haste, with short attention spans, and with intensified desires for instant gratification. Our impatience to get what we crave originates in our urgent need to feel better about ourselves. But why this need? [Read More...](#)

Designing cities and factories with urban agriculture in mind: The Netherlands, innovation and inspiration



**Want to get a picture of how sustainable your
thinking is?**

Take this self-assessment to see how you qualify in terms of sustainability in action. [Click here.](#)

We want to hear from you!

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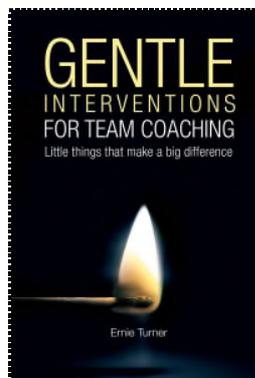
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**Happy Birthday, by Beethoven? Bach?
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It's Out!!



**GENTLE INTERVENTIONS for TEAM
COACHING**
Little things that make a BIG difference

Have you wished there was a book with simple tools that you could just read and try out next morning with your team, and that would be so powerful that it would qualify for the "best of the day" for everyone? Wish no more and check out Ernie Turner's latest book with stories and tools that are powerful, simple and fun. [Click here](#)

QUOTE OF THE MONTH

You have slept for millions and millions of years. Why not wake up this morning?

Kabir

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Stop and Reflect

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