



# THE CORNERSTONE EAGLE

Special February & March 2016 Edition



**2016 IS THE YEAR OF THE MONKEY, ACCORDING TO THE CHINESE ZODIAC**

**Wishing All Our Dear Friends A Happy, Healthy And Prosperous Year Ahead!**

Cornerstone International Group's **MISSION** is to be the best executive recruiting group worldwide, but our **VISION** is to be a true mentor and coach, one-on-one, with our clients, candidates and partners locally.

We believe the way to do it is to promote our 3C VALUES of **Community, Credibility, and Continuity**. The Cornerstone Eagle is not a sales letter to promote activities of our 70 offices globally, but a 3C tool to inspire you to maximize your personal and professional potential to be a Better Leader and a Better Person both at home and at business.

We shall be your Faithful Companion / Coach / Mentor on your life and career journey, supporting you to discover yourself and offering good advice regarding the SIX important aspects of your professional Life: Identity, Money, Career Options, Health, Relationships and Your Future (spiritual and your legacy reminders).

Chinese New Year time in Asia is like Thanksgiving time in the West and **FAMILY REUNION** is the focus. In this special edition of the Eagle, we remind ourselves what is **THE TOP BOX** in our life and let's rebuild together stronger family relationships in 2016.

We pray that these powerful wings of the Eagle shall continue to enable you to soar to new heights.

Best Wishes,

**Simon Wan**

Chief Executive

**Cornerstone International Group**

☎ Phone No.: +86 21 6474 7064 | ✉ [simon-wan@cornerstone-group.com](mailto:simon-wan@cornerstone-group.com)



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## 2016 IS THE YEAR OF THE MONKEY, ACCORDING TO THE CHINESE ZODIAC

New Year's Day is on February 8<sup>th</sup>.



The Monkey is an intelligent, witty, and inventive animal. They are problem solvers, working with their group while simultaneously demonstrating an independence associated with achievers. The nimble monkey is playful, youthful in nature, and is a joy to watch as it moves from one activity to another.

The Monkey's gift is the ability to find unconventional solutions to old problems. Daring to be different can lead to success. This cheeky animal bursts with exuberance, bringing a lightening fast pace and fantastic motivation.

Let's learn from the Monkey. Move forward, make strides, and stretch out for what may lie ahead. Continue to run with ideas, embrace the inventive, and don't look back.

## NEW YEAR BRINGS FAMILY TOGETHER

New Year time brings families together. Happiness is not about money, it is about having good relationships in our life. Within the top three, and some may rate it as the most important, is Family Relationships.

### Strong families make our society thrive

Our family teaches us how to function in the world. It should provide love and warmth to all of its members. A strong family gives its members the support they need to make it through life's toughest spots.



### Strong families have good communication

Strong families have open lines of communication -- where all family members feel heard and respected. One of the best ways to strengthen your family is to increase your listening skills and those of other family members. Until we can hear each other, we cannot build strong relationships.

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### **Strong families** listen actively to each other

Give the person your full attention, turn off the TV or put down what you are doing.

Focus on what the person is telling you -- rather than thinking about your reaction or response to what is being said. (There will be time for that.)

Listen for how the other person is feeling and relay back what you think they were saying and how they are feeling: I hear you saying that you don't like your sister. You look pretty mad. Did something happen?

Resist giving advice or your reaction until you are certain you have fully understood what the person was saying to you.

### **Strong families** share their thoughts and feelings

Strong families allow all family members -- no matter how young or small -- to talk about their thoughts and feelings. This does not mean that members are not respectful of one another, but rather that feelings and ideas are respected.

Everyone should be expected to express themselves in appropriate ways -- such as with "I" messages. When people feel heard and respected, they feel better about themselves, are more open to solving problems, and are more likely to allow others to express themselves.



### **Strong families** spend time together

In today's busy world it can be difficult for families to find time to be together. All relationships need attention -- and this includes the family as a whole.

Family rituals can offer a set time for families to get together and give each other the attention needed. **A family ritual is simply a time that is set aside on a regular basis for a family to get together. This can mean having dinner together, celebrating a holiday together, going to church together, or going for a walk together.** It is important that the family ritual be predictable and that other activities are not allowed to upset it. Family rituals help define who we are as a family. They allow time for the family to get together, to share experiences with one another, to reconnect with each other and to remind everyone to have some "special time" with you.

Treasure also the small moments that you can use to connect with your family. Researchers say that spending frequent, brief amounts of time (as little as 1-2 minutes) involved in child-preferred activities is one of the most powerful things parents can do.

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## **Strong families handle their conflict fairly**

All families have conflict – it's a natural part of human relationships. Strong families are able to work through things they disagree about by focusing on the problems, rather than by "tearing each other down."

### **Strong Families develop trust**

Strong, healthy families recognize the importance of developing trust. Trust is the glue that holds relationships together.



### **Strong Families allow mistakes**

We all make mistakes. Teach each other to forgive and allow yourself to forgive others. Holding on to past hurts often only hurts us. **Learn and practice how to say "I'm sorry."** Taking responsibility for our good and our bad behaviors is important and helps to develop trust. People learn to trust that they can be loved even though they are not perfect.

(extracted from Pat Tanner Nelson, Ed.D.)

## **Notable Quotes on Family**

### ***Mother Teresa***

"What can you do to promote world peace? Go home and love your family."

### ***George Moore***

"A man travels the world over in search of what he needs, and returns home to find it."

### ***Deb Caletti***

"That's what people do who love you. They put their arms around you and love you when you're not so lovable."

### ***Confucius***

"The strength of a nation derives from the integrity of the home."

### ***Walt Disney***

"A man should never neglect his family for business."

### ***Guy Lafleur***

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“When trouble comes, it’s your family that supports you.”

## From the Bible:

### Exodus 20:12

"Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you."

### 1<sup>st</sup> Timothy 5:1–3

Never speak harshly to an older man, but appeal to him respectfully as you would to your own father. Talk to younger men as you would to your own brothers. Treat older women as you would your mother, and treat younger women with all purity as you would your own sisters. Take care of any widow who has no one else to care for her.



### 1<sup>st</sup> John 3:1

See how very much our Father loves us, for he calls us his children, and that is what we are!

***Our Editor, Nancy Chu at [nancy-chu@cornerstone-group.com](mailto:nancy-chu@cornerstone-group.com) would love to hear from you if you have special thoughts to share.***

## About Cornerstone International Group

**Cornerstone International Group** takes pride in its 25 years in executive search and as trusted advisors to CEOs. A global member of the Association of Executive Search and Leadership Consultants (AESC), Cornerstone is recognized as having the highest level of quality in the executive search industry. With 70 offices in key cities around the world, we make lasting contribution to the success of our clients locally and internationally. Our work is INTEGRITY based, RESULTS driven and SATISFACTION guaranteed. Awards received around the world & in China includes 'The Most Trusted China Recruitment Firm 2015'; 'China Recruitment Firm of the Year' & 'Trustworthy HR Unit'.

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