

THE CORNERSTONE EAGLE

February 2019 Edition



CORNERSTONE
INTERNATIONAL
GROUP

May we wish you a **HAPPY CHINESE NEW YEAR** and the Year of the Pig it is! **February 5th is New Year's Day.** What better time than now to seriously explore ways to be even more **HAPPY**, and to spread **HAPPINESS** to those around us!



For many people, finding **Happiness** is almost an obsession. Whether we're reading self-help books, learning to meditate, or installing play equipment in our workplaces, our quest to be **Happy** seems to take up more and more of our time and energy. But what does **Happiness** really consist of? And how do you get there?

According to the **GREAT DREAM** model, **Happiness** is really quite simple. It suggests that we can focus on a few key areas to enrich our lives and make them more rewarding.

More Later.....

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. The Cornerstone Eagle newsletter is not a sales letter to promote activities of our 60 offices globally, but a 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 for 'Healthier Business and Life'.

Best Wishes,

Simon Wan

Chief Executive

Cornerstone International Group

Phone No.: +86 21 6474 7064 | Email: simon-wan@cornerstone-group.com

How to be Happier in The Year of the Pig

The GREAT DREAM Model

Psychologist Vanessa King and the nonprofit organization 'Action for Happiness' set out the GREAT DREAM model in King's 2016 book. It's a straightforward guide to finding happiness and success in your everyday life, and it can help you to flourish both in and outside of the workplace. GREAT DREAM is an acronym for 10 key areas:

- **Giving:** doing things for other people.
- **Relating:** connecting with the people around you.
- **Exercising:** looking after your body.
- **Awareness:** being mindful of the world around you.
- **Trying Out:** being curious, and open to new experiences.
- **Direction:** setting goals.
- **Resilience:** "bouncing back."
- **Emotions:** being positive and emotionally intelligent.
- **Acceptance:** being comfortable with who you are.
- **Meaning:** connecting your work with a higher purpose.



From "[10 Keys to Happier Living](#)" by Vanessa King, published by the Headline Publishing Group. Reproduced with permission.

Here's how the GREAT DREAM model works ...

G: Giving

Whether you're donating money to good causes, sharing your expertise with a struggling colleague, or giving up your personal time for a corporate volunteering initiative, giving to others is important. Even small gestures like offering colleagues a ride home or making coffee for your team can lift team and individual morale.

Giving doesn't just make others happy. It can make you happier, too. Research shows that doing things for others improves your own sense of well-being and has positive effects on your health.

R: Relating

Good relationships are fundamental to our happiness and well-being. Both the quantity and the quality of our relationships matter but, of the two, quality is the more important. Developing your ability to **listen actively** will help you to improve your connections with others, and to understand and respect what they say and how they feel.

E: Exercising

Staying physically active is good for you, period. Exercise reduces stress, helps you to think more clearly, and raises your energy levels.

If you don't have the time for regular gym sessions, there are plenty of things that you can do to be healthier at work. Even just standing up and moving around the office more, and going outside for a lunchtime walk, can clear your mind and boost your physical fitness.



A: Awareness

Being mindfully aware of the "here and now" can help you to deal with problems caused by stress. It enables you to be more creative, and more sensitive to your own feelings, as well as other people's. It can also foster a nonjudgmental frame of mind, which will help you to keep your relationships on a sound footing.

The key to mindful awareness is to focus on the present, and to notice the details of the world around you in an objective way.

T: Trying Out

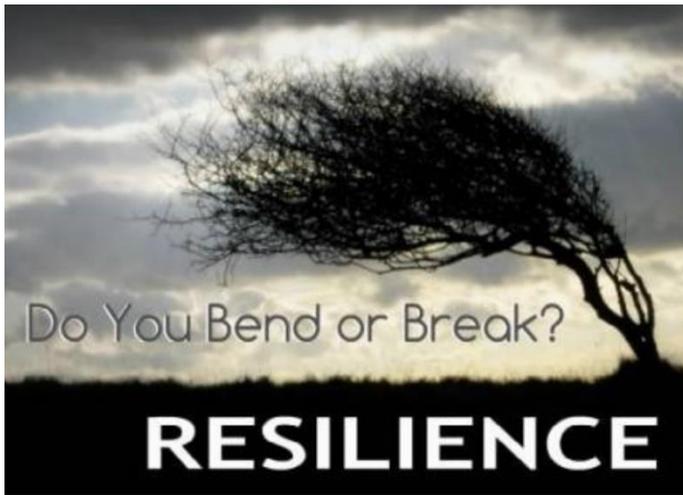
Having the courage and the curiosity to seek new experiences and develop new skills, and to grasp the opportunities to do so, can be truly rewarding. It may help you to feel more in control of your life and work, which can raise your self-esteem.

Offering to work on unfamiliar or innovative projects at work, for example, can broaden your experience, build your expertise, and enhance your sense of mastery.

D: Direction

Happiness comes, in part, from finding the things that are important to you. So, setting personal goals will help you to replace drift with direction. Working to achieve those goals can be enjoyable, engaging and rewarding.

Equally, workplace goals that motivate and challenge you – but which remain achievable can provide a roadmap for a fulfilling career.



R: Resilience

You can't always dictate what happens to you in life, but you can choose how you respond. The way that you react to setbacks, such as failure, loss and illness, can greatly impact your happiness.

The good news is that resilience is not just about how naturally tough you are: it's a skill that you can learn. Key to this is to change your mindset to regard setbacks as temporary challenges, rather than as permanent disasters.

E: Emotions

Few of us get through life without "ups and downs," but focusing on the times when you feel emotions such as joy and inspiration can help you to build a positive outlook to record the times when you experience strong positive emotions.

The ability to regulate your emotions – known as “Emotional Intelligence” is also a highly prized leadership skill, so learning to recognize and control your feelings in this way can benefit your career.

A: Acceptance

Being compassionate with yourself, and accepting your strengths as well as your weaknesses, promotes happiness and a sense of "peace." No-one is perfect, and challenging negative self-talk can prevent you from dwelling on your flaws.

Consider carrying out a Personal SWOT Analysis to identify the strengths that you could capitalize on, and the areas where you could improve. Then, add those areas to your personal goals so that you gain satisfaction from working on them. (SWOT = Strengths, Weaknesses, Opportunities, Threats).

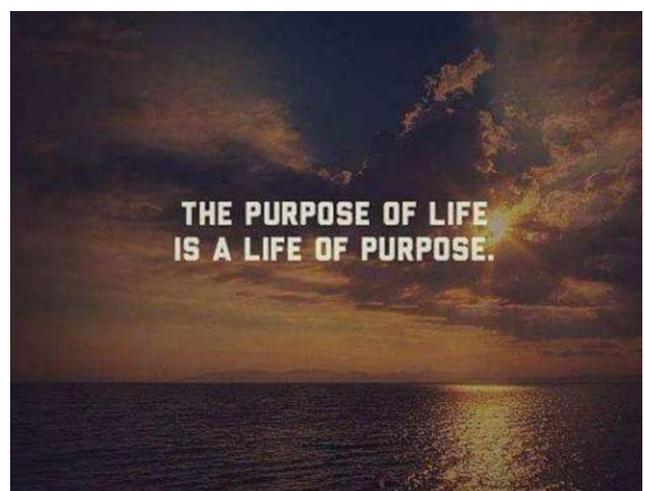
M: Meaning

Research shows that people feel happier when they feel that their lives have meaning. "Meaning" can cover a huge range of life experiences, from religious faith to a belief that the organization you work for fulfills a noble purpose.

"Meaning" usually has three main components:

- Feeling that what you do makes a difference.
- Understanding how the different facets of your life connect.
- Having a purpose from which you can develop

goals.



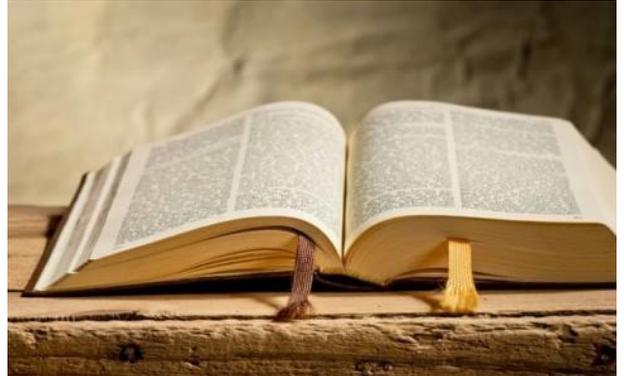
So, try to foster a stronger sense of purpose by searching for connections between what you do and the "bigger picture" – your community or the wider world.

We wish you a Happy, Healthy and Fulfilling Year of the Pig, and finding your Higher Purpose in Life!

Food for Thought from the Bible

Jeremiah 29:11

**For I know the plans I have for you.
Plans to prosper you and not to harm you;
Plans to give you Hope and a Future.**



Our Editor, Kuang Fu at kuang-fu@cornerstone-group.com would love to hear from you if you have special thoughts to share.

About Cornerstone International Group

Cornerstone International Group is a Global Talent Consultancy Group founded in 1989 with some 60 offices worldwide and headquarters in Shanghai, China and Atlanta, USA. Our **mission** is to accelerate the success of our clients by providing top-quality consulting services in the field of talent recruitment and coaching solutions that are **faster, better and at a value** that serves our clients locally and globally. We provide a proven approach to Executive Search, Executive Coaching and Board Solutions in China, Asia and across Europe and Americas. 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 industry. Cornerstone is also named by Forbes as one of the Best Management Consulting Firms in Executive Search in 2016, 2017 & 2018 and ranked by Hunt Scanlon as top Global 25 groups in 2018

