



# Five Elements of a Compassionate Leader

9:30-11:00am, Sept 24<sup>th</sup> | **FREE** online demo

What can we do to equip our teams to overcome times of adversity? In the ancient Chinese Tao philosophy, it takes a balance of five elements of nature: Soil, Fire, Wood, Water, and Gold. In times of crisis, businesses can build super-fit teams with these 5 elements to overcome Covid challenges and economic turbulence:

**Soil:** Nutrients that all life depends on. If the soil is contaminated, then all the living being will be weak and fragile.

**Fire:** The positive mindset to be happy in all the endeavors you engage in.

**Wood:** The environment and friends you keep company with

**Water:** The mindfulness meditation to calm your stress and develop your focus

**Gold:** The soft skills you needed to build to a successful career.

**The 90 minutes introduction workshop AGENDA includes:**

- How most chronic diseases are preventable?
- Your health is what you put in your mouth
- Exercise as the spring fountain of your youth
- Love every part of your life
- Open your window to calmness, serenity and peace
- Learn to focus to double your productivity
- Create the environment you dream of and pass the paradise on
- Develop skills that gain cooperation, influence, and support.



**DATE**

September 24th, 2020

**TIME**

09:30 - 11:00 AM

**TRAINER**

Mr. Bill Chan

**LANGUAGE**

中文

**PLATFORM**

Zoom Webinar  
The demo room information will be sent to your email in the registration confirmation letter.



**REGISTRATION CONTACT**

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# Demo Module Introduction

## Module one: Soil

Diet and Exercise: "We are what we eat" "garage in the garage out". If we are not consuming healthy foods, our body response by rejecting or reacting in a state of illness, fatigue, and even death. Look at all the chronic illnesses in the world today because we are consuming so much junk food, fat, cholesterol, sugar, salt, oil, alcohol, and process food.

What are the most common chronic diseases in the modern world: Stoke, Obesity, Heart Disease, Cancer, Diabetes, Hypertension, arthritis, and Alzheimer's Disease. This course is not intended to be a medical report but will overview some of the common causes and review recommendations from legendary doctors and biologists, nutritionists in the field of plant-based diet. All the experts had gained great results reverting chronically serious illnesses stated above using plant-based diets. It seems that a holistic approach combining mind, body, and spirit seems to produce the best results.

Exercise is a wonder drug; moderate levels of exercises are enjoyable as well as healthy. Exercises release chemicals like: endorphin, serotonin, and dolphin that keeps you happy and calm.

## Module two: Fire

Positive Mindset: Loneliness is the number 11 killer in America, suicide is the number 2 cause of death in teenagers, 12% Americans will experience depression sometime in their lives. Positive mindset "PERMA" are the key to resilience and to living a flourishing life.

## Module three: Water

Mindfulness Meditation: Mindfulness meditation is about living in the present without ruminate or judgement. Mindfulness meditation is proven to release pain, stress, and improve focus. This results in better health, creativity, sleep, work productivity and even better grades.

## Module four: Wood

Positive Environment: Living and surrounding yourself with nature and support. Having a place to rejuvenate, recharge and being around with people that appreciate and energize you can open pick you up and lift you to the next elevation.

## Module five: Gold

Soft Skills to success: The cyber age world is too connected today to work in solo, never before will we needed to interact with people from across the globe that are so different from us. Your success now depends more on your ability to energize, influence, lead, inspire, understand, coach, work cohesively with others than your technical competencies. Another words, your success will depend on helping others to succeed.

Successful leadership requires a combination of having a healthy body, positive mindset, and people skills to compete in this global market.

# Background of this Program

## Five Elements of a Compassionate Leader

Doctors and nutritionist tell us that we need to have a healthy body in order to live a long life. However, in recent years mental disorders like depression, anxiety is going rampage in our society. Even with a healthy body, depression could torment us to a state of helplessness. In our modern high-tech world with all the stimulus competing for our attention and the intense pressure to move up in this materialistic world, stress and pressure are haunting all of us to a state of devastation both on our health and mind. It seems the higher in an organization one moves up, the more stress we must endure. However, even given a healthy body, a positive mindset but without proper skills to escalate our careers; stuck in a hopeless job and poor financial condition could be a life of desperate struggle. Positive Psychology researchers found that in the USA, to achieve a state of happiness, one needs to reach an income of \$75,000/year, beyond that income is not significantly related to happiness, but below that it makes a direct contributing difference. Success Gurus teaches us how to be financially independent, by following the directions of gurus we could be very successful in our careers. Do you know of people that reached the plateau of their career, achieving wealth and fame beyond our wildness dreams then felt a desperate sense of emptiness and committed suicide?

Can you have it all: a holistic life comprising of a healthy body, full of happiness, and a successful career? The answer is yes if you follow a holistic approach to manage your life. A well rounded, satisfying life is a balanced of fulfillment in our mind, body, spirit, and handsomely rewarded for our contributions.

## Why should leaders and managers care about all this?

Leaders today are in intensive competition for talents more than ever. Not only do we need to equip our staffs with the best skills in the industry, we also must be compassionate about their health which affects both employee productivity as well as skyrocketing medical cost. As our societies becomes more and more individualistic especially in the big cities, our psychological issues are springing up in record numbers; loneliness, depression, anxiety, mental disorders are costing both our health and family's happiness, suicide is a rising problem among teenage as well as adults in China. Due to our cultural perception of mental issues. Chinese are reluctant to seek intervention from psychologist and the problems goes undetected. This affects the employee's state of health as well as their ability to focus at work, resulting in lower productivity. Happy employees make more productive employees. In modern Chinese work environment, competition is both a face issue as well as corporate demands. Coupled with all the comparisons and competition comes stress levels that are unprecedented. Unmanaged stress causes all sorts of health as well as mental complications. The worst is that often times, we take our stress from work to home, which results in family and marital problems.

Our environment has a direct impact on our behavior and our total wellbeing. In a Harvard study of over 12,000 people found that if one or more of your friends are obese, you have a 45% chance of being obese, if your friend's friends are obese you have a 20% chance of being obese and if your friend's friend's friends are obese (people you didn't even met) you have a 10% chance of being obese, this applies also to smoking, depression, happiness, and altruism. Environment are physical surrounding that you live in as well as people that you hang around with, both have significant impact on your health and psychology.

On a larger scale, we must protect our earth or none of us will be around to see our grandchildren grow up. What kind of world do you wanted to leave for your next generation? Our mother earth is very sick currently and if we don't act fast to protect her, we will see more severe disasters every year, just look around the world this year. We have the responsibility to safe guild our world that we borrow from our next generation.

Lastly, we all need to make a comfortable living to provide for ourselves and our family. Demands in the modern-day life requires that we feel secure with the income to afford living a life of comfort in the cities we chosen and saving to weather any unforeseen storm. Reality is that living in any of the big, modern cities in China are very expensive and housing is almost untouchable. Therefore, a career that meets both of financial requirements and psychological fulfillments are critical to our long- term happiness.

## Trainer Background:

- ▶ Corporate trainer for 26 years with fortune 1000 companies.
- ▶ Taught leadership, sales, coaching, and Cultural Intelligence
- ▶ Clients: Microsoft, Oracle, L'Oréal, Dupont, Springer Nature, etc.
- ▶ Practitioner of Tai Chi for 18 years,
- ▶ BA in psychology,
- ▶ MBA of International Management,
- ▶ Graduate of the Positive Psychology Practice certificate program,
- ▶ Certified Teacher of Mindfulness Meditation
- ▶ Certified Cultural Intelligence Trainer
- ▶ Certified with Connell Whole Food Plant-Based Diet certification program.
- ▶ Graduate of Adler School of Performance Coaching and Coaching in Context of work and working on ICF certification

# TRAINER PROFILE

## Bill Chan



**Nationality:** United State

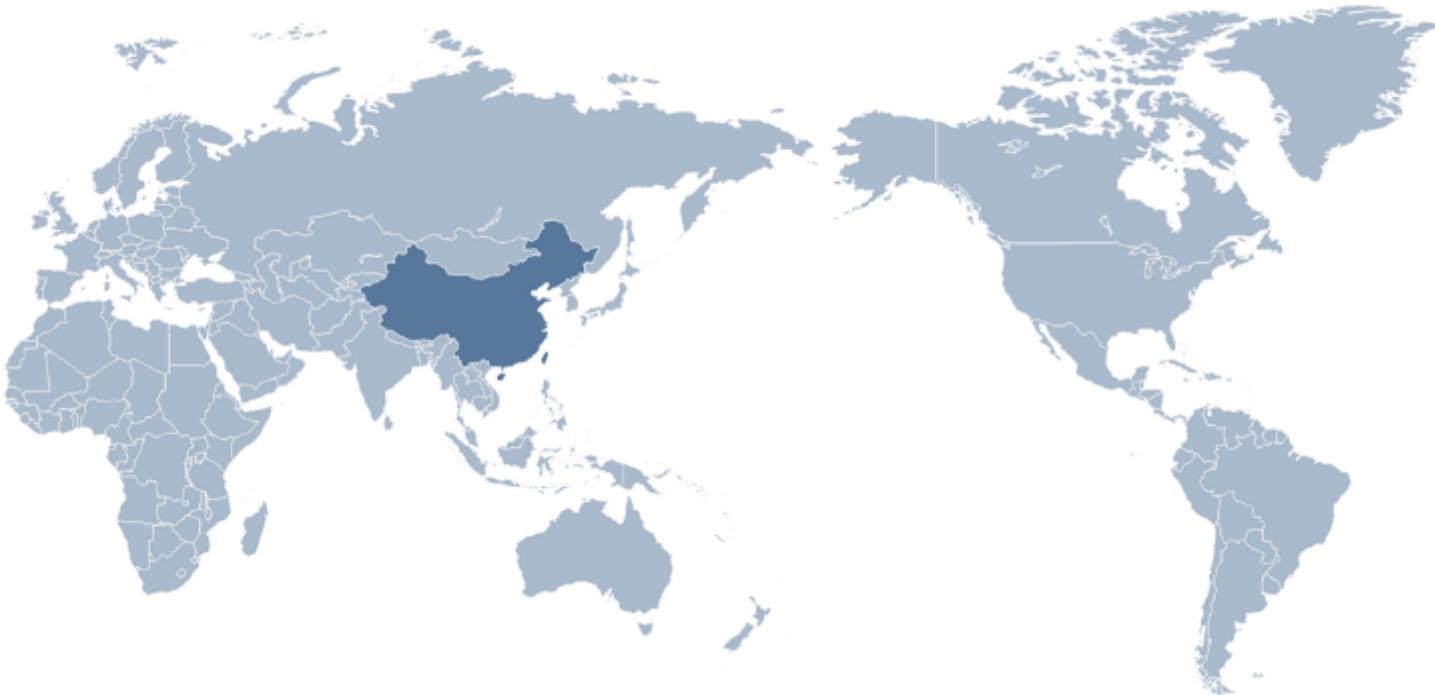
**Language:** English and Chinese

Bill is a graduate of the American Graduate School of International Management at Thunderbird University Arizona and has a Masters in International Management specializing in the North Asia Region and a BA in Psychology. After graduation, Bill had worked for Pitney Bowes in their copier division, afterwards he started his own company in real estate mortgages. In 1994, Bill came back to Hong Kong and started working for Dale Carnegie as sales then trainer and continued in training ever since in China, Asia and currently in the USA.

Bill has been involved in corporate training in sales, key account management, coaching, presentations, cultural intelligence, negotiation and attitude change for over 25 years. Ever since co-founding Transtech Consulting Group, Bill had conducted training in Greater China, India, Asia, Germany, USA, and Australia for MNC.

Some key clients that Bill had worked on sales training included: IBM, Oracle, Sun Microsystem, HP, Fairchild Semi-Conductors, Littelfuse, ITT, Stora Enzo, Lite-On for 2 years, Parker Hannifin for 4 years, Osram for over 8 years, Jensen with Porache dealers for 3 years, L'Oreal for over 12 years, Microsoft for over 10 years, and Decathlon for over 3 years, etc.

Bill is certified trainer for Story Seekers, Solution Selling, Power Based Selling, Implement (Value Mapping Canvas), CQ and Winning Presentations. In addition, he is also a certified internal trainer with Microsoft, L'Oreal and Pepsi on Sales and sales management/coaching training. Bill currently conducts training in English, Mandarin and Cantonese. He currently lives with his family in New York, Long Island.



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