



WELLSPRING

A Quarterly Newsletter for Clients and Friends of Watershed Coaching

Volume III, Issue III

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Quarterly Quote:

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

—Dalai Lama

Great Link!

Noticing the extraordinary

Biochemist turned Buddhist monk Matthieu Ricard discusses the habits of happiness and how we can train our minds to generate greater peace and fulfillment. (20:58)

www.ted.com/talks/lang/eng/matthieu_ricard_on_the_habits_of_happiness.html

Greetings!

Last month I had the amazing opportunity to travel to Bhutan. The last of the Himalayan Buddhist kingdoms, tucked between India and China, it has a population of only 600,000 people. I learned about it more than fifteen years ago during earlier travels and decided at that point that someday I was going to visit. (It really does feel good to accomplish a big goal on the bucket list. Much gratitude to my mother for watching our children so my husband and I could go!)



Often called the last Shangri-la, it's a stunning country, with a lush, mountainous landscape. Since the country only began modernization in the 1970s, it has had the unique opportunity to learn from the mistakes of other countries, and the government has created a strategic plan on how to develop in a way that supports the people culturally, spiritually, environmentally, and politically, as well as economically. For me, travel is an adventure to yourself and the world- may this issue offer you a little exploration!

Warmly,
Kerry

Gross National Happiness vs. Gross National Product *A Distinction*

Gross national happiness (GNH) was coined in 1972 by Bhutan's former King Jigme Singye Wangchuck, in an attempt to establish an indicator that measures quality of life in more holistic terms than gross national product (GNP). GNP measures the amount of commerce in a country, but counts negative expenditures (such as the costs of police, pollution clean-up, etc.) as positive contributions to commerce.

GNH is based on nine factors: psychological well-being, time use, community vitality, culture, health, education, environmental diversity, living standard, and governance. Since the seventies Bhutan has pulled itself out of abject poverty, high illiteracy and infant-mortality rates, without destroying the environment (75 percent of the country is still forested, unlike neighboring Nepal). And in 2008, the king opened the doors to democracy and voluntarily stepped aside, feeling that this was the most appropriate form of government. I am in awe of this bold endeavor by the country to maintain its identity and soul in the face of globalization. While Bhutan is not without its challenges and is certainly no utopia, I am left reflecting on my own GNH

Reviews

“From our first strategic planning meeting through an excellent two-day retreat and in post-Retreat review, it was clear that we’d made a perfect choice. Kerry makes the business of facilitation an art form! “

– Jerry Goldberg,
Executive Director,
Brattleboro Chamber of
Commerce

Your Thoughts?

Engaging in dialogue

I’d love to hear your reactions and thoughts to this newsletter. To drop a note, email:

kerry@watershedcoachingllc.com

Receive the Newsletter:

If this was forwarded to you and you’d like to receive it in the future, please go to:

*www.
watershedcoachingllc.com/
news.html*

and how I might craft my “strategic plan” to increase my social capital rather than my GNP. How does your GNH rating stand? *For more on GNH, see: www.grossnationalhappiness.com*

Reflection Exercise

Moving from Theory to Action

To help you increase your personal “GNH” rating, take some time to reflect upon and answer the following questions:

- On a daily basis, do you feel you spend more attention and energy on your personal GNH or GNP? What leads you to that assessment? How do you feel about that?
- In reviewing the nine factors of GNH (and adapting them to yourself as an individual), which ones do you feel you are practicing and which, if given more attention, might increase your personal GNH?
- What is your next action based on this reflection?

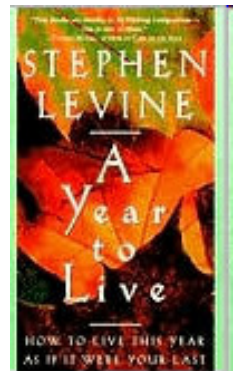
Book Review

A Year To Live: How To Live This Year As If It Were Your Last

Stephen Levine

When I think about increasing happiness, I think about living a life of meaning and focusing on what’s important. This book is sure to get you thinking about what your priorities are. World religions and cultures have long practiced meditation on death and Socrates spoke of the practice of dying as the highest form of wisdom. This book provides a very powerful opportunity to literally live this year as if it were

your last. The book presents a framework for looking at death- and at life- in a way that is sure to transform anyone who takes this on. When you’re ready to shake things up this little book can help with the conversation.



Kerry Secrest is a leadership coach for individuals and organizations who inspires the best in individual and organizational performance.

Please feel free to contact me with comments, questions or to find out how I can help you or your organization!

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