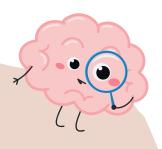


**AUTUMN EDITION** 

WRITTEN & ILLUSTRATED BY: RHEA JOY ONG YIU





- What intuitive nudge or spark of curiosity have you been ignoring?
- What might unfold if you followed it, even with uncertainty?
- How does embracing curiosity awaken new parts of your thinking, creativity, or courage in all the roles you play as a leader, parent or guardian?
- What possibilities could it unlock for your mission and the people around you?

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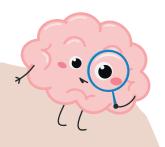
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- Think back to a moment when you chose kindness over comfort, leaning in to someone else's need instead of stepping away. What guided that decision?
- How did it shift the energy around you?
- As a leader, how often do you give without expecting recognition?
- What impact has it created in your team or community?
- As a parent, how do you rolemodel kindness for your child?

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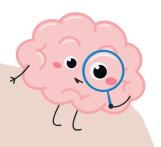
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# THE OWN DAME



- When you step into someone else's shoes, what truths do you discover about their world and about yourself?
- As a parent, recall a time when you truly felt your child's joy, fear, or sadness. How did that awareness shape the way you responded?
- What did it reveal about the kind of parent you are, or dream of becoming?
- How might this translate into your role as a leader?

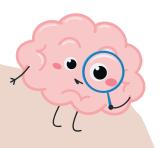
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### Bulley Beening



- Who in your world may be waiting for an unspoken invitation?
- As a leader, how are you creating an environment in your team where every voice and pace matters?
- How can you lead with intentional presence and inclusion?
- How does this translate in your role as a parent to your child?
- How about to your role as being part of the community of parents?

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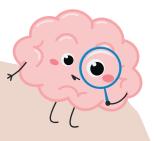
- Recall a moment when you fully embraced your role in a team, whether leading from the front, cheering from the sidelines, or creating space for others to step forward?
- How did it feel to contribute in a way that prioritized the whole over yourself?
- What might shift in your leadership if you treated your team more like a pack, where trust, rhythm, and shared joy matter just as much as results?
- As a parent, how would you intentionally nurture that kind of environment?







## BUT MALLS AND STEPS



- Think of a moment when you chose to move forward, even if it was scary, even if no one noticed. What did it take to begin?
- What did you have to let go of (control, certainty, perfection, etc.) to simply take one step?
- Now consider this: Where in your leadership are you being invited to grow by staying present and moving steadily, one small step at a time?
- Explore the same question in the context of parenthood.

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### THE INCOME RIVER COSCINE



- Recall a moment in your leadership when fear whispered, 'Stay small,' but you chose to step forward anyway.
  Which values anchored you in that decision?
- Who stood beside you, offering belief or support when it mattered most?
- How did your act of courage ripple outward?
- And looking ahead what becomes possible for you and for those you lead when courage becomes your default choice?
- How would you transfer these into your role as a parent or guardian?

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## THE





- What would it look like to lead, parent, or steward with that same spirit of gratitude that Coco showed?
- How might your influence shift if gratitude became a daily practice expressed through both words and intentional actions?
- In your role at work, at home, or in your community, how could this practice change the way people feel valued, seen, and supported?

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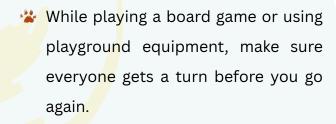


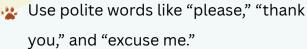
- Recall a challenging moment when you chose to show respect in principle, even when you disagree. What did that decision reveal about your values?
- Who or what do you find most difficult to respect, and what might that discomfort be teaching you about yourself?
- How does your presence signal dignity and worth to those you lead, especially when no one is watching?
- What would it look like to embody respect as a daily leadership or parenting practice?

## Adventure of the Week



A note to the grown up:
Encourage the child to explore respect at school or at home.
Let one of the examples inspire you to pick one that's relevant and check in midweek to hear them share their experience.





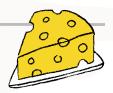


Ask before hugging, borrowing, or using someone's things. Respect means treating other people and their belongings with care and appreciation

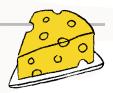
Tournal Reflection for the Grown-up

Recall a challenging moment when you chose to show respect in principle, even when you disagree. What did that decision reveal about your values? Who or what do you find most difficult to respect, and what might that discomfort be teaching you about yourself? How does your presence signal dignity and worth to those you lead, especially when no one is watching? What would it look like to embody respect as a daily leadership or parenting practice?

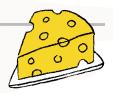
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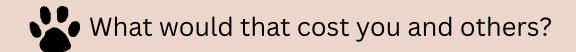
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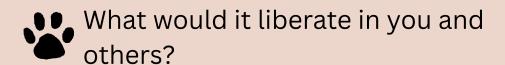






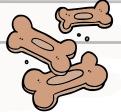
As a leader, you often come across situations where you have to choose between protecting your reputation over standing in truth for what you truly believe in. What parts of your leadership would change if you valued alignment with your principles more than approval, recognition, or short-term results?



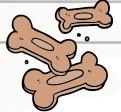


Try to reflect in your everyday role as a parent or guardian where you can role-model integrity towards the little one.

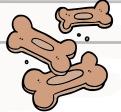
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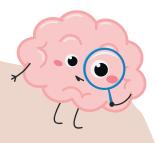


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# THE





- Where in your leadership or parenting have you rushed past moments of meaning in pursuit of momentum (chores, errands, commitments)?
- Which conversations, signals, or emotions might you have overlooked by moving too quickly?
- How could things shift if you chose to pause with intention before reacting, deciding, or speaking?
- What might become possible for you and those around you, if presence became your first move instead of your last resort?

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What is in your care right now that holds the potential to shape tomorrow. Is there an idea you are exploring, a team you are leading, a community you are nurturing, a child you are caring for?

How might your decisions change if you led with deep care, knowing that the people, systems, and spaces you touch today will become the inheritance of future generations?

# Reflections



# Reflections



# Reflections



# An Invitation from the Author

Let's turn Monday Blues into Bold Breakthroughs!

As the author of Adventures with Coco: Leadership and Life's Little Wonders, I've learned that some of the most powerful lessons in leadership do not from boardrooms. Rather, they come from quiet moments of presence, curiosity, and care.

Whether it's through storytelling, systems thinking, or strategic coaching, I pour my heart into helping leaders and organizations turn low-energy routines into purposeful momentum.

If your team is feeling stuck, siloed, or simply uninspired, I bring a blend of executive coaching, organizational strategy, and playful provocation to help shift perspectives and unlock performance. I work with humans to reimagine how they lead with goals, with groundedness and clarity, empathy, and impact.

Mondays don't have to be blue. They can be the impetus to breakthroughs that matter.

I would love to build a culture that moves, and makes room for wonder... with YOU!

V Rhea

If you ever want to join us for a dog walk or a cup of coffee, here are ways you can find me and Coco:

Website: <a href="https://www.rheaongyiu.world">https://www.rheaongyiu.world</a>

Linkedin: <a href="https://www.linked.com/in/rheaongyiu">https://www.linked.com/in/rheaongyiu</a>

Email: <a href="mailto:rheajoy@gmail.com">rheajoy@gmail.com</a>

Book a dog walk: <a href="https://calendly.com/rhea-ongyiu/dog-walk">https://calendly.com/rhea-ongyiu/dog-walk</a>

Book a virtual coffee: https://calendly.com/rhea-ongyiu/book-convos

Tell us your thoughts! We welcome every feedback. Help us shape the future

chapters!

