

INTRODUCTION

*"Where the vision is one year, cultivate flowers.
Where the vision is ten years, cultivate trees.
Where the vision is eternity, cultivate people"*

Oriental Saying

In a business world a person is considered to be successful if he is making more profit. But we rarely question at what cost is he having his success? To me a person can be effective but not successful if he is not enjoying what he is doing and taking decision against his core values due to materialistic or financial gain. Whether you are successful or not, the answer is within you. Ask yourself what's your emotional state, more often. Are you happy with your life? Are you following your conscience?

Work has taken over too much of too many people's lives at too high a personal cost. Stress, broken marriages, neglected children and poor health are far more widespread than most people dare to acknowledge. Especially directors of large corporations and chief executives in particular, may be gregarious, but they can also be very lonely. There are not many people to whom they can turn for help, often no one in their organization. Let's take the example of Jack Welch, the man who turned General Electric from a light bulb maker into an \$870 billion giant GE. He underwent triple Bypass Surgery in May 1995. Welch acknowledges that back problems forced him to give up playing golf, which he picked up after his back surgery, in his own book 'Winning'. "If you could tell me how to fix it ... I'd be a happy man" he said of his split from wife Jane. "I hate to say that I failed twice. But I had a first marriage that was settled in the living room in about two hours with my wife in a private fashion. I'd give anything to have my divorce private."- Daily Telegraph (Australia), Wednesday, September 18, 2002.

You have achieved high position but you are not happy in life. Is that success to you? Jack Welch is an effective CEO but is he a successful man? You can pose this question to him only. He will be able to give the correct answer. Leading a happy and balanced life is our motto. **Success**, arguably is the most sought after and least understood prize. **We're often so concerned with learning to manage others that we're left with little energy to manage ourselves. We often fail to notice the unexplored world within ourselves.**

First the marriage, now Welch's perks are gone

By DAMON JOHNSTON
in New York

BUSINESS guru Jack Welch, facing a \$730 million divorce settlement, has pleaded for his marital war to end as he handed back his gold-plated perks.

The man who turned General Electric from a light bulb maker into an \$870 billion giant said he was surprised the bitter end to his marriage had entangled GE.

Acting after his benefits were exposed by his estranged wife's lawyers, Mr Welch yesterday tore up his package that included a high-rise apartment, free food, wine, sporting tickets, exclusive club memberships and corporate jet travel. The perks are being investigated by US corporate regulators.

"If you could tell me how to fix it ... I'd be a very happy man," he said of his split from wife Jane. "I'd like to have it over. I'd like to have it amicable. I have no hard feelings. I'd like to just end it."

The couple's 10-year marriage dissolved when Mr Welch began an affair with *Harvard Business Review* editor Suzy Wetlaufer.

Mr Welch defended his perks but said the controversy left him with no choice but to act.

"It was not an easy decision. I'm in the middle of a divorce and my company I gave 41 years to is being dragged into the divorce," he told Fox News.

He also expressed surprise at how bitter and public his divorce had become.

"But, you know, divorce is more difficult than one expects," he said.

"I hate to say that I failed twice. But I had a first marriage that was settled in the living room in about two hours with my wife in a private fashion. So I was surprised. I was surprised.

"I'd give anything to have my divorce private."

Mr Welch will repay about \$4.5 million to GE to cover the cost of benefits he has already accepted since retiring two years ago.

The package was negotiated six years ago to stop him from retiring or being poached by a rival and was taken in lieu of a potential cash payout, he said.

"I said I don't need the money. I'd like to get something in kind when I retire. So they said 'well let's negotiate something like that,'" he said.

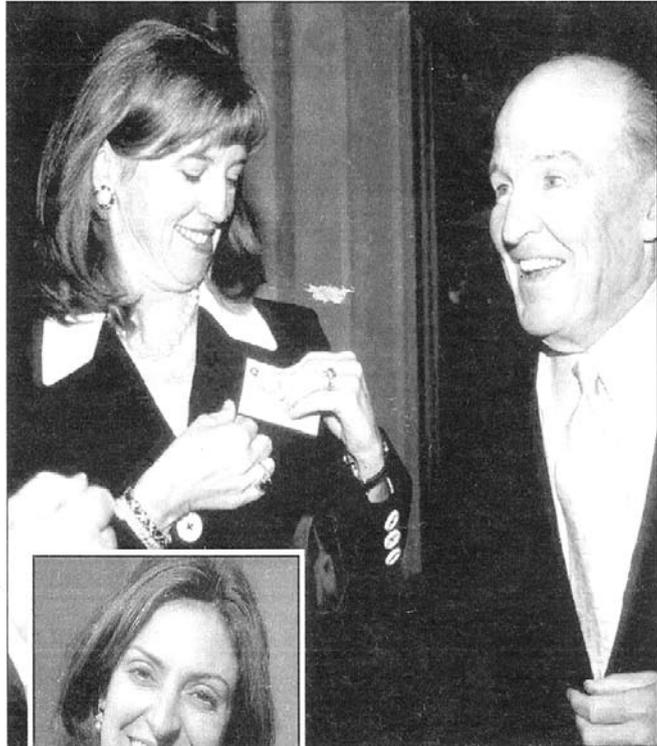
"So I said just let me keep flying the planes and use the facilities, as I am now, and I'm fine."

Mr Welch backed capitalism and said capping corporate pay deals was flawed.

"I'm part, like so many others are, of an American dream. Started with nothing. Worked hard. Get it all."

Jane Welch has been pocketing \$63,000 a month in support since the split, but she's claimed this cannot sustain the lifestyle she became accustomed to as the wife of the famous CEO.

Divorce experts have predicted Mrs Welch could be entitled to half his wealth, or about \$730 million.



Jane Welch, above, is seeking a \$730 million divorce settlement from former GE boss Jack Welch after his affair with Suzy Wetlaufer, left, was exposed.

Scanned Newspaper Daily Telegraph (Australia), Wednesday, September 18, 2002

ALL SOLUTIONS ARE WITHIN YOU

Since childhood we have been taught to look outside for solutions to all our problems. We study everything but we don't study about ourselves. Even scientists also do research to make our life easier and lead a happier life. We are also enjoying some benefit out of it. For example to travel from one place to another place we have invented car, train, aircraft etc... To

overcome heat we have invented fans, coolers and air conditioners.

We devote most of our energy to control or conquer the situation and circumstances in our favour. Same way when we are not happy, we try to find out the reasons for our unhappiness. Once we find the reasons we strive hard to overcome those challenges. If we can win over the situation, circumstances or persons; we feel happy. This kind of happiness is dependent happiness and can last for a short while only. But if we can't overcome the challenges, we tend to blame circumstances, situations and other persons. Because since childhood we have learned from our political system and external environment to blame others when anything goes wrong.



There is nothing wrong in blaming and everyone is right according to his perception. But at the end of the day who is suffering? How many people or situations can you control? Can you have total control on people or situations? 'The only person you can have total control is you, if you want'. But do you have? When we are looking outside, we have a partial view of the complete picture or incident. Sometime we become very reactive.

When anything happens outside, at the same time something happens to us also and this something (reaction) is within us such as anger, frustration, depression etc. Let's take an example that we face daily in our life, traffic jams. You want to reach your destination in time but got stuck in a traffic jam. Most of us feel frustrated and angry, as we are not able to reach in time. It's the truth that you cannot be in time to your office. Suppose you are to make a presentation when you reach your office. Will you be able to make a good presentation? You will be carrying all the anger & frustration with you. It's going to affect your presentation. Instead of being reactive you can be observant. That's under your control. You can observe what's happening in you and around you at the traffic signal. You can call your office to let them know that you will be late. You can observe the situation and other people around you, how they are reacting to the situation. We go to watch movies like '**Traffic Signal**'* by paying for the ticket; now you are watching a live movie without a ticket. Next time when you get stuck in a **traffic signal** if you can practise what is mentioned above, you have already got more than enough value of this book. "Can you be more observant than reactive from today?"



("Traffic Signal" is a Bollywood Hindi movie directed by Madhur Bhandarkar)*