

KAREN SAYS

THE NEW IRREPRESSIBLE YOU

WHILE my intention was to begin our first pullout of 2015 on a high note, I must take a moment to remember and keep in prayer everyone who has been affected by recent events: the floods ravaging our country, and the tragic AirAsia flight.

The spirit of giving of Malaysians has been evident by the outpouring of support and more vividly, the mountains of rice and other essentials in the foyer of this office.

In the same vein, John Baybay reflects on 2014 and offers advice on how we can get the best out of the worst.

Whether from your own childhood, or through your young ones, many have met the characters of Pooh – Tigger and Eeyore. Wouldn't it be grand if all of us had jobs that had us bounding to work with all the vigour to accomplish anything like Tigger the irrepressible tiger, as opposed to Eeyore the rather self-deprecating donkey?

In *Be a Leader*, we talk about what we might consider doing to ensure that every day at the office is like our first day – full of hope and nervous excitement!

For those still dragging their Eeyore feet, Prema Jayabalan zooms in on back to work blues – and how one might ease back into work after a long break. Adeline Tay delves a little deeper (into our brains) on how we might get our brains back in gear and performing even better in the new year.

In a reflective mood, Vinesh Naidu turns to what motivates and grounds us, and shares a short story of how Gandhi remained true to himself, and inspired even his cynics.

A new year may also bring with it lots of unexpected changes. Sandy Clarke starts by saying that fear need not always be bad, and goes on to share how we might rise above it.

New beginnings are perhaps more clearly delineated for young people still studying – and with the recent announcement that the new school year will be delayed, we feature a safe and inspiring place for local teenagers to spend their free time while developing their leadership potential.

To that great smouldering mass of Gen-Y all over the world, our past (and certainly missed!) editor Lily Cheah penned a letter – an honest assessment of Gen-Y today, and her hopes for the future.

Finally, because Roshan rightly said that regular reflection is important, we feature two more leaders as they look back, and look ahead to 2015. And finally (really) our editorial team takes some space to also share our innermost thoughts and wishes for a great year ahead.

Have a fantastic weekend!

KAREN NEOH
Editor
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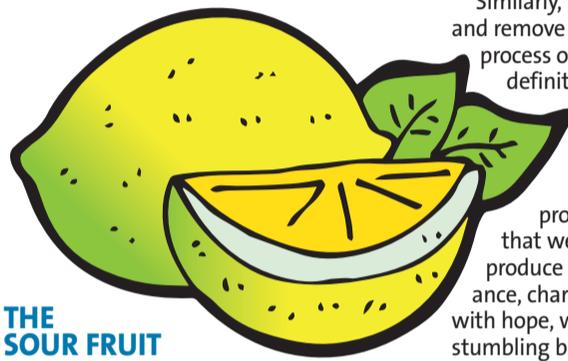
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ZING IT UP!

By **LIM LAY HSUAN**
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LEMONS. There's always something unique about this bright yellow citrus fruit. Although I'm not sure if lemons actually became more famous after the catchy tune of *Lemon Tree* by Fool's Garden.

What has lemon got to do with this week's career guide (our first for the year 2015), you wonder?



THE SOUR FRUIT

"But the fruit of the poor lemon is impossible to eat." – excerpt from *Lemon Tree* song by Peter, Paul & Mary

It's true, a lemon eaten on its own is very sour. It puckers your mouth and makes you wince. Lemons, however, are frequently used as an accompaniment to other ingredients to add flavour to many sweet desserts and savoury dishes.

With these, we have lemon chicken, lemon cheesecake, lemon meringue pie and lemon juice as salad dressing.

If you are still "sour" of certain things that didn't pan out well at work last year, don't dwell on it any longer.

In this new year of new beginnings, make it a point to work out any differences that exist and collaborate with others to achieve the impossible as a team in your organisation.

ZEST VS PITH

Lemon zest is the yellow portion of the peel. It is valued for the strong citrus

flavour it imparts to food when cooking or baking, thanks to an abundance of aromatic oils in the rind.

Beneath the zest is the pith, the white part of the peel, which is bitter and unpleasant to taste.

Whenever you see recipes using lemon zest, peel or rind, you would try to avoid the pith altogether.

To separate lemon zest and pith, you need zesting tools such as paring knife, vegetable peeler, grater or zester.

If lemons could talk, I assure you that they would be cussing, screaming and writhing in pain.

Similarly, focus on the "zest" of life and remove the "pith" of bitterness. The process of grating and zesting would definitely be a painful one for most

of us, but as the famous adage reminds us, "no pain, no gain".

At the end of our learning process, what matters most is that we know that these pain points produce perseverance; and perseverance, character; and character, hope. And with hope, we can better overcome the stumbling blocks in front of us.

TREE OF GOLD

Lemon tree, in its fullness of ripen fruits, is a sight to behold. From a distance, the fruits look like nuggets of gold growing from the tree.

It's a reminder that all of us, like the individual fruit, is a part of something bigger than our own.

Where do you think the fruits get their daily dosage of nutrients and minerals if not from the plant's vascular system, with its roots absorbing minerals and water before being transported to the shoots to allow plant growth?

What is your purpose in life? What motivates you at work?

Are you driven by your own selfish goals or are you giving your all to leave an impact in others? I hope it is the latter.

IN CONCLUSION

For a start, be bright as yellow like the cheery lemon. Believe that the days ahead will be better (although not necessarily easier), and don't give up.



The opinions expressed in this career guide are those of the writers or the people they quoted and not necessarily those of Leaderonomics.

- 01 | "Part of the process of beginning anew, or changing directions is to know where you want to go. I know this sounds simplistic and easy, but this is one of the most difficult of choices to make with clarity." – **Byron Pulsifer**
- 02 | "Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." – **Carl Bard**
- 03 | "You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you." – **Barbara Sher**
- 04 | "Every day is a new beginning. Treat it that way. Stay away from what might have been, and look at what can be." – **Marsha Petrie Sue**
- 05 | "Fear not that thy life shall come to an end, but rather fear that it shall never have a beginning." – **John Henry Newman**

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