

Step Up! 4 Steps to Leadership, Communication, Management, Well-being and more...

Step UP! 4 Steps to Leadership, Communication, Management, Well-being (maybe even happiness?) and More

Helping smart people & organizations communicate & lead forward smarter, faster, happier is what I do best

© Irene Becker | www.justcoachit.com | 3Q Leadership™ Blog



Leading at the speed of change, in the face of multiple challenges, transitions, even difficult business or personal changes demands high EQ. Yes, emotional intelligence or EQ/EI is one of the most important coachable,

learnable competencies you can invest in. What is it? Why do you need to build higher EQ? How can you do it? Get coached, get moving forward. Re-purpose your potential!

#1. Self Awareness: Emotional self-awareness, accurate self-assessment, and self-confidence.

#2. Self-Management: Emotional self-control, transparency, adaptability, achievement, initiative, and optimism.

Building # 1 + #2 equals Enhanced Personal Leadership, Resiliency and Well-being *Personal Leadership is critical to success, leadership and well-being. Yes, it is an integral part of your happiness quotient and a critical component of a good coaching plan!*

#3. Social Awareness: Empathy, organizational awareness and service.

#4. **Relationship Management** includes inspirational leadership, influence, developing others, being a catalyst for change, conflict management, and teamwork/collaboration.

Building #3 + #4 are critical because sustainable leadership means building YOUR social competence. Yes, the leader that communicates well succeeds well. *Empathic listening/EQ focused listening is a critical and coachable leadership and life skill that requires regular practice and will help you enhance your ability to inspire the best in yourself and others when the going gets tough!*

MORE: What is your Emotional Intelligence Quotient

Take this quick self assessment? Consider investing in an thorough EQ assessment that will help you move forward faster, happier and better!

MORE: Why is Developing EQ Critical to YOUR success, leadership and wellbeing?

Get a quick and important primer on emotional intelligence or EQ/EI.

MORE: How can YOU turn conflict around-Here's how in 7 steps?

Quick but powerful EQ focused tips to help you turn conflict around

MORE: The Thriving Organization-10 Steps

10 EQ and 3Q™ focused steps for survive and THRIVE

organizations

MORE? Yeah-What to do when you've hit a wall!

**Is it time to REACH- Redirect-empower-actualize-communicate
and harvest YOUR potential to lead forward?**

**Get Executive Coaching, Training that Sticks? Enjoy an
insightful and inspiring keynote?**

Just Coach It. Discover Executive Coaching, Consulting,
Keynotes and Workshops with as 3Q Edge™



**Irene Becker, Chief Success Officer, Just Coach It-The 3Q
Edge™ Toronto and Virtually Everywhere | Face to Face, By Tel,
Skype or Video Conferencing**

www.justcoachit.com Twitter @justcoachit Skype: beckerirene
Tel: 1-416-671-4726 Email: irene@justcoachit.com