The Empowerment Compendium

The Empowerment Compendium: Because The Time To Get Empowered is NOW!

Including 31 Bonus Empowerment, Personal Leadership & Development Links

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Empower Yourself And Others!



We all know the staggering pain of invalidation. We have all felt it. We have all received and given it. Some of us have developed habits of thought that cause us to deploy invalidation of self and/or others on an ongoing basis. The caveat remains that habits of thought and action CAN be changed and changing them is what personal leadership is all about.

None of us is immune to the piercing, painful arrow that hits us and throws us for an emotional loop as the venom of invalidation pierces our heart and our soul. None of us can walk the journey of life and live to say that we have never invalidated another person. Invalidation is part of the human journey. Turning it around is part of the human solution, a solution that is driven by desire. Change is not our greatest threat, it is our greatest power.

If are capable of using our words, our actions and our energy to invalidate, we have the equal capacity to make a choice to say no to the venom that comes from our most powerless place.

We can decide to cut off the lagging sense of self-doubt that we feel beneath the posture of strength, or a sense of overwhelming self-doubt that makes us feel small and weak. We can say no to invalidation, by choosing to create a new platform of personal power that reflects the enormous, magnificent capacity of the human spirit to self empower and to empower others.

The lowest common denominator we each have is the ability to crush the spirit of another or to fall victim to the senseless eradication of our own sense of passion, purpose and joy. If you feel dis-empowered or invalidated; if you have dis-empowered or invalidated another human being, the solution for reclaiming your true power is the same. Reach up…

Reach for your highest common denominator. Reclaim the power you have to validate the beauty, the bounty and the majesty of human life by touching another and yourself with words of validation. **This week and always choose to be a part of the human solution. Feel your real power and use it empower the best in yourself and others.**

More on Empowerment, Personal Leadership and Development? YOU Betcha-Here Comes An Entire Empowerment Compendium!

UPDATE: *The technical glitch has been resolved. All of the links below are in working order. If you happen to come across a dead link, feel free to drop me a line at irene@justcoachit.com, and it will be resolved* **ASAP**

- The Secret to Personal Development
- From Victim to Victor
- Remove The Wall To Your Greatest Potential
- 2 Minute Tune Up for Over Achievers AND Under Achievers
- Getting Back On Track When You Have Hit A Wall
- Break Through A Performance Plateau
- Five Ways To Lead Forward And Champion The Challenge
- Five Ways To Take Control Of Your Potential

- Ten Ways To Lead Forward In The Face Of Complexity And Change
- The 18 Word Success Formula
- The Secret To Success Is Failing Forward | A Critical Life & Leadership Skill
- Is There Something Constructive About Discontent? YOU Betcha-10 Tips and Posts
- Live and Lead Forward | Connect and Contribute
- Get Energized, Empowered & Solution Focused-3 Steps
- Self Talk-7 Powerful Steps
- The Secret to Peace and Prosperity
- PMS-Post Millenium Syndrome And How To Get Rid Of It
- The Pause-A 3 Min Exercise to Recharge & Repower
- Ten Steps To A Happier More Successful YOU
- True Happiness-Transformational Joy
- True Power-True Happiness
- The Happiness Compendium
- 4 Ways to Kickstart Happiness
- Get Happier Tip Sheet
- Rediscover Your Genius
- Turning Problems Around
- From Victim to Victor
- The Power of WHAT (not how)
- Look Within You Are The Secret
- Living And Leading The Dream-If Not Now WHEN?
- The Life You Truly Want and Need

Great Read Book Review and Excerpt

Dare-Dream-Do by Whitney Johnson

I am committed to helping smart people and organizations use changes-challenges-strengths to optimize and catalyze their potential to communicate & LEAD FORWARD. Use changes and challenges to improve communication, management, leadership…career success?

Yes, the proof is in ten years of inspiring and outstanding results!



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