

Possibility Thinking, Doing & Results (Part I of 2)

Possibility Thinking, Doing and Results | Building Your 3Q Edge™ 3 critical strengths that GROW at the speed of change/challenges (Part 1 of 2)

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ) Reach-Resonance-Results 3Q Leadership™ Blog- 42,000+ Social Media Followers & Growing!

“The future belongs to those who see possibilities before they become obvious.” – John Sculley



Image Credit:123RF Stock Photos

I have learned that what does not break you can only make you stronger if you recognize and optimize your ability to think, feel, communicate and execute in new ways that both expand and anchor possibility thinking and doing. What does this have to do with your life, your career, your people and your future?

If you are not feeling broken, someone you know, work for, lead or love is. The World Health Organization forecasts that stress will be the major cause of physical disability in the world by 2030. **Empowerment, engagement and the ability to ideate, innovate, communicate and collaborate are the benchmarks of 21st Century success**, and they are being undermined and eroded from inside out. Will you become a possibility thinker and doer? It is an important choice you have the freedom and power to make. It is as choice that should be top of mind for those who lead and those who aspire to greater leadership because leadership is about making the impossible possible. Our ability to remove the barriers to our greatest potential is real, and the first step in moving forward is recognizing the incredible potential within; potential to think, feel, see and learn faster and better than before. Potential to develop a fire in one's belly, a longing and appreciation of embracing one's passion for the possible and using it to lead forward.

My passion for the possible evolved over time. Possibility thinking grew as a results of a wicked melange of success, accomplishments and equally great negative events that challenged every aspect of my life and work in ways that took me from the mountain of success to ground zero fighting to survive on the most basic level. As a child, I lived in a world where the worst of human nature punctuated my daily existence and caused me to recognize that faith, hope, courage, integrity and humanity were the only true riches we can obtain in this lifetime. As an adult, my fascination with transformation, neuroscience, psychology, leadership and human potential took me down another path that helped me recognize three critical areas of strength that we can GROW and EXPAND

in the face of change and challenges.

Thinking, Feeling, Communicating and Doing Better | 3Q strengths that build and reinforce YOUR greatest potential

The 3Q Edge™	Cognitive Portfolio Q1: IQ	Emotional Portfolio Q2: EQ	Purpose Portfolio Q3: SQ
Optimizing human potential at the speed of change, in the face of challenges.	Learning Style Ability to Flourish	Feeling Style Ability to Flourish and Reach Past a Personality Type/Barrier	Being Style Ability to Flourish
Empowering Great Leadership	Leadership Style The leader as a learner	Leadership Style The leader as a communicator	Leadership Style The Leader as a champion of the greatest good.
Actualizing Great Results	Possibility Thinking: Intention, Focus, Adaptability of Thought, Ability to Learn-Relearn, Design Thinking, Strategic Thinking.	Emotional Intelligence: Self Awareness, Self-Perception-Perception of Others, Effective Communication, Collaboration, Improved Risk Tolerance and Resiliency	Motivational Anchors Driving Purpose, Values and Integrity-Purpose. The identification of your greatest purpose and the key intrinsic motivators that keep you empowered, engaged and moving forward when the going is tough.
Enhanced Thinking, Feeling, Communicating and Doing	Awareness, Discovery Enriched Thought, Greater ability to see, express and expand possibilities.	Empowerment, Engagement Enriching Self-awareness, Self-compassion, awareness of others, compassion for others- empathy.	Rethinking, rewriting incongruent belief systems (habits of thought) that are impeding your greatest potential while building strong intrinsic motivators.

Simple, powerful 3Q techniques that inspire/empower/enable your greatest potential.	New ways to Refocus, Repurpose-Repower in disruptive times	New ways to Refocus, Repurpose-Repower in disruptive times.	New ways to help you Refocus, Repurpose-Repower in disruptive times.
---	--	---	--

3Q Coaching and Consulting Benchmarks: Self Actualization and Actualizing the Potential of Others Recognizing/enhancing strengths while using what are typically seen as negative factors (change, challenges, stressors, failures) as positive levers for each Q strength

Q1: IQ	<p>Thinking Differently: Solution Focused Problem Solving Ideation-Cognitive Adaptability-Possibility Thinking Using mistakes, challenges or failures to fail forward</p> <p>Priming Your Brain: Setting feelings for optimization of thoughts Enhanced Ability to Learn-Relearn Improved Decision Making Simplification of the Complex Optimization of Time/Ability</p>
Q2: EQ	<p>Feeling Differently: Self-Awareness and Management, Empowerment, Relationship Management, Effective Communication Across Internal/External Boundaries</p> <p>Priming Yourself: Increased Resiliency/Risk Tolerance, Emotional and Social Adaptability, Greater Happiness</p>
Q3: SQ	<p>Doing Differently: Innovation-Autonomy-Interdependence-Accountability-Purpose-Results (critical as strengthening SQ also strengthens right hemisphere of the brain which is typically weaker)</p> <p>Priming Yourself and Others to Flourish: Anchor for Q1 and Q2 is SQ; spiritual quotient: The values, enhancing purpose of thought, communication, action and intrinsic motivators that keep YOU learning, living and leading forward when the going gets tough.</p>

I remain passionate, I remain devoted to taking 3Q Edge™ Skills to as many people as possible because I believe that the imperative to find new ways, faster and better ways to recognize and actualize our greatest potential is

critical. How can you develop your 3Q Edge™? Click here for **Part 2: How to Build 5 Benchmarks of 21st Century Success**

More? YOU Betcha!

[A Growing Collection of over 350 Articles | Great Leadership and 3Q Leadership](#)

Free eBook: [Leading and Succeeding in Disruptive Times- A 3Q Edge™ Primer](#)

[My Personal Story and Genesis of my 3Q Work: Against All Odds](#)

**Just one more thing! Delighted to be speaking in the UK
October 3, 2014**



If you are in the London/Bristol, UK area I hope you will join me for an Elysian Training Leadership Event and [Presentation on How to Lead Through Turbulent Times](#)

Are YOU Ready to...

Get re-inspired by what you can achieve at the speed of change/challenges? Recharge, refocus, repurpose, repower? Develop leadership skills that GROW at the speed of change? Successfully negotiate a career or leadership transition? Optimize talent and potential?



Irene Becker | Just Coach It | The 3Q Edge™ (IQ-EQ-SQ)
Executive Coaching, Consulting, Training & Keynotes with a 3Q
Edge™
Leadership, Communication, Talent/Career Optimization in
Disruptive Times
Face to Face | By Telephone, Skype or Video
Conferencing [Twitter @justcoachit](#)