

# Winning the Race with Wolves

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I believe we can not only win the mental health race but develop a new perspective and new ways of transforming change, challenges, failures AND opportunities it to levers for our greatest potential and success. Helping people build what I call their 3Q Edge is my life's work. Join me in creating a better tomorrow, because you can.

**Is overwhelm, anxiety, frustration, overdrive or staying in neutral something that is impacting the quality of your life, your leadership, your ability to survive and thrive? Are you being chased by wolves? Is someone you know, lead, love or work for being chased by wolves?**

- Wolf 1. Career (business or career challenges) that can keep you locked in stasis, hyperdrive or traveling in reverse.
- Wolf 2. Communication breakdowns that crush or destroy potential and results.
- Wolf 3. Personal challenges and behavioural habits that impede and erode confidence, engagement, empowerment
- Wolf 4. Interpersonal conflicts that destroy the personal relationships we need to succeed
- Wolf 5. Health crises; a mental or physical crisis that has you stuck and suffering in silence

**Five anxiety triggers, five hungry wolves are destroying our lives and organizations from inside out.** I have included a link to my 2012 post about the wolves because I think it is even more relevant than when I wrote it.

My focus on finding purpose in the pain let me to discover what I call Q strengths; three core strengths and are critical to winning the race with wolves and to develop a process, a

method that has helped that has helped forward thinking executives, managers and teams communicate, collaborate, inspire, lead and live with improved results and improved happiness. I am a trauma survivor and thriver recently did a certification in trauma counselling. I have been helping people successfully win the race with wolves for 15+ years and remain dedicated to being of maximum service.

*This week I will be publishing a post a day on anxiety/mental health because I hope that if I open the discussion others will too, and that the ideas and insights I will share will be of service.*

### **Here's What is New:**

I am going to have a podcast on Spotify sponsored by a leadership think tank ! More news coming soon!

This month I will be opening a new service that will offer very low fee or no fee coaching to people who fit the right criteria for my work but do not have the financial capacity to hire me. If you are interested in participating in this initiative, please reach out.

Book a complimentary 30 minute session with me ,

Executive Coaching, Workshops, 1 hour Fast Fix Sessions

Relax by doing The Pause

# Q1 : IQ

Enhanced Ideation  
Focus  
Strategic Thought  
Ability to Learn-Relearn

# Q2 : EQ

Enhanced Emotional Self-Management  
Communication  
Collaboration  
Risk Tolerance  
Resiliency

# Q3 : SQ

Enhanced Purpose  
Integrity of Communication  
Action and Spirit  
Development of Intrinsic Motivators



**Irene Becker | Just Coach It-The 3Q Edge™ Executive Coaching,  
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