

Can Listening Kickstart Happiness, Leadership and Success?

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What does listening have to do with happiness, leadership and success? A great deal. True listening is not the manifestation of judgment, comparison, criticism or complaint. It is one of the greatest sources of validation we can give to another person, and it is our most powerful source of self reflection and growth. And, listening is one of our most important and powerful communication and leadership skills

While we all like to think that we are listening, many times we are not. Listening is a learned skill. Our brains are set to focus on the negative first, and as such it is easy to put on the ugly tight black hat of judgment and comparison before the first syllable is out of the speaker's mouth. We often do not listen. Rather, we just hear what we expect, what we want or what we presume will be said. The greatest misunderstandings, the most terrible emotional pain resides in the dimension of conversations that were heard but not

listened to, in the spaces between the words that were presumed to be heard or understood.

Hearing is a given for most of us, but true listening is not. It requires the time and the patience to pause, remove judgment, remove comparison and just reflect on what the other person is saying. When we are able to open our ears, our mind and our heart, we are able to listen and in so doing we are giving and receiving the gift of connection.

The gift of connection is one of the most important and powerful gifts that we can give another human being and our self. No matter how seemingly important or unimportant the conversation is, we can always try to connect with another person at a fundamental level of personal validation and respect.

Most of us had few models, few teachers in the art of listening. Rather we made the leap from infancy to childhood to adolescence and adulthood under the tutelage of adults whose tight black hats of judgment and comparison were glued to their heads and often precluded their ability to truly listen. We all know the deep sense of self doubt and invalidation that crept onto our emotional highway when we were not truly listened to. We can choose to remember the pain of invalidation before we choose not to truly listen to another.

The power that is revealed when we truly learn to listen is manifold. Because in learning to listen to another, in stretching our muscles of communication and connection, we also regain the ability, the power to listen to our true needs, feelings and to move beyond judgment and comparison to hear our true voice as well as the voice of others.



We can reach past personal limitations and truly listen. We are born with the ability to develop our listening, communication and leadership skills. We are born with the ability to listen, work and lead happier and better!

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The Power of What | Short Post & Ten Inspiring Links!

The Power of WHAT...

One Short Post & Ten Inspiring Links!

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



Conciousness, perception is everything. Attitude is altitude. The secret to success does not start with the



how, or the why or the where...it start with the what.

What can I focus on that will empower and nourish me?

What can I do to share and create value for others?

What can I do to make sure that my decisions are in alignment with my best self, my highest values and the greatest good?

Every time we ask WHAT, we win a war

Yes, we win a war with our desire to seek validation from people or things; and in so doing we find greater purpose, power and a sense of personal freedom. Every time we ask WHAT and focus on how we can give, contribute and share we plant the seeds for a better life; and, every seed planted contributes to a better world in ways we cannot even begin to imagine. © Irene Becker 2012. All Rights Reserved

More? Yes...

You can read my story and get re-inspired, because its message of hope, courage, leadership belongs to us all. We all face changes, challenges and gut wrenching problems that stretch us; and, yet the ability to move through and past them better, stronger and with our purpose and values in tact is real! Our ability to build our Q skills, to reset default patterns of thinking, doing, communicating that no longer work for is is what living and leading to purpose is all about!

And...More!

Dare-Dream-Do by Whitney Johnson | Gr8 Read Excerpt and Review

Possibility Thinking

The Wisdom and Power of Your Dreams

The Reach and Resonance of the Human Heart

Ten Steps to a Happier More Successful YOU

Rediscover YOUR Fire

True Power-True Happiness

PMS – Post-Millennial Syndrome and 6 Ways to Get Rid of It!

Be [the](#) Miracle

Helping smart people and organizations communicate and lead forward

smarter, faster and happier is what I do best . Executive coaching, consulting, keynotes and articles with a 3Q Edge™ for greater reach, resonance and results!



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Career, Communication and Leadership Programs & Services with
a 3Q Edge™
Toronto & Virtually Everywhere | (1) 416-671-4726 416-671-4726
Skype: beckerirene**

Glass Is Half Full-Yes, YOU can be happier!

YES, MY GLASS IS HALF FULL AND YOURS CAN BE TOO!

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Clients, friends and colleagues often comment on the fact that I am a walking and talking field of positive energy. They wonder, often in amazement, how I keep a balance of calm and joy on a day to day basis. I ingest is intention, the intention of appreciation, gratitude and joy every moment, every day and in every way that I can. When I get out of sync, as we all do, I put an elastic on my wrist; give it a little tweak to remind me to live every moment as mindfully, as joyfully as possible.

Life has taken me on a personal journey fraught with tremendous challenges and also incredible success and satisfaction. You can read my blog post "On Overcoming" you can read my professional bio on site. My personal journey has been one of extreme success as well as extreme challenges and loss. I recognize that we all go through bouts of success and despair, perceived material security and loss. Our strength and our hope lie not in our ability to move forward after crisis or defeat, but rather to move forward with our mind, heart and soul in tact, in a positive place.

What is my secret? How do I keep my glass half full? My secret starts with recognizing that everything in life is a choice, a personal decision. We cannot control what happens to us, but we have the ultimate control over what we do with our experiences. No one can control our thoughts, our emotions, the seedbed of our strength. We are the masters of what is most important and most powerful in our life: our

consciousness, our intention, what we choose to focus on.

Our opponent is not the boss or job we do not like, it is not the person who did us wrong. *The greatest opponent, the only true opponent we face is within our self.* It is the voice that speaks of fear and desperation. It is the voice that talks about all we cannot do or achieve. It is easy to be seduced by the opponent, by choices that we do not really want to make, by negativity that drains our energy and impedes our true passion, purpose and talent.

How can you beat your internal opponent and reach in and out with more happiness, more energy, more enthusiasm for life?

How can you get on the JOY TRACK? We must realize that wishing for, yearning for, hoping for or being desperate for happiness or joy does not represent positive intention, but rather speaks loudly to what you lack. When your thoughts come from a place of need, they also come from a place of fear. The energy we transmit, the mirror neurons we share, attract more of the same.

No matter what has transpired in your life, YOU have the power NOW at this very moment to fight the opponent, to move past a place of need a place of yearning for, wanting, asking, and hoping to a place of personal strength and positive certainty.

Decide to experience 24 hours without fear, uncertainty, worry, negativity. That's right try joyful conviction on for size today. Take the garbage out for a day, put negativity and thoughts that sap your energy on pause. What would your day be like if you decided to stop yearning for, wishing for, hoping for happiness and just got up in the morning with the conviction to make this a joyful day? Isn't it time to find out?

Is there more? Yes, there are lots of tips and tools on Qblog about priming your brain for happiness, developing higher EQ,

staying positive, focused and engaged...Enjoy the blog, and stay tuned for more to come!

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