

The Greatness Within

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the passion, purpose and
potential that helps you
embrace and engage the
greatness within.

IRENE BECKER | JUST COACH IT

“Great leadership comes down to only two rules: It’s not about you and it’s only about you.” Peter Anderton

Our potential to be good, do good and share good is as real as our ability to create darkness, chaos, and decline. Human beings need happiness, inspiration, human contact and the feeling that they are contributing to a better today and tomorrow. These needs are written on the walls of our lives, our communities, and our organizations while we suffer from the fear that not only causes our greatest ills, but that incapacitates our pre-frontal cortex, reducing the blood flow to that area, and making it difficult to think.

The longer we wait to embrace our humanity, the less time we

will have to experience it, and the greater the chance that we will fall into an abyss of negativity, fear, and selfishness that will put our individual and collective survive at risk.

It is the white space, the gaps between our thoughts, our feelings and our actions that give us time to take in where we are and where we really want to go.

Great leadership is not about you and it's all about you. Embrace your greatest purpose and it will embrace you back. Start now, do one new thing today that is purpose-driven and creates value in the life of another person and they will have the opportunity to pay it forward.

The idea is to live with the purpose, passion and potential that helps you embrace and engage the greatness within. We don't need to do more, we need to do better. And doing better can be simple. We can start by reflecting daily on who we are, who we can become because we each have a part to play in creating a better tomorrow. Carpe diem.

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Tips for Cultivating a Culture of Success in Your

Company



The ability to achieve lasting growth and success at your company is often dependent on your workplace culture. While the success of a business is typically a combined effort, it can be heavily reliant on the success of individual employees within their specific roles as well. To help cultivate a culture of success in your company at individual and staff-wide levels, there are several things you can do as a leader within your workplace to get the ball rolling.

Make sure your staff feels well-supported

As a leader within your company, it's important your leadership style creates open channels of communication between your team and yourself. Additionally, you should be readily available to share knowledge and give assistance to your staff as

needed. Your employees can work at an elevated level if they feel as though they have sufficient support and resources to complete tasks properly. Ensure you're doing all you can to provide that support.

That being said, there's a significant balance to be struck between being too hands-off and too hands-on with your team. Once you find that balance, you and your team can work more cohesively and efficiently together, which can enhance the results you produce to contribute to the continued success of the business.

Place trust in your staff

In addition to being a balanced leader for your employees, it's important that you develop trusting relationships with each of them. Having confidence in your team's ability to get their work done on time and at the expected level of quality can prevent you from becoming too overbearing as a leader, and it can keep your staff from feeling as though they're under constant scrutiny.

Consider giving your employees greater flexibility to perform their jobs on a schedule that optimizes their individual levels of productivity. Certain members of your team may be "night owls", for example, and produce their best work later in the day. If they are given the freedom to complete more of their workloads at a time of day that aligns with how their

minds function, they'll be more likely to succeed in their roles and to experience greater job satisfaction. Making your workplace more flexible and trusting can help to boost your staff's motivation and improve the quality of the work they produce for your company.

Keep pace with your competitors To achieve a degree of success that puts your company at the top of its field, it can be helpful to study both the external and, if possible, the internal practices of your biggest competitors in order to determine what you could be doing differently to give your company a competitive edge. For instance, if a competitor has launched a marketing campaign geared toward a specific target demographic, explore the campaign's success and see how you could do it better or with a different, more receptive demographic. If they're making their production more efficient by automating certain components of workflow using technologies like AI, or if they're managing their talent using digital solutions for HR professionals, see how you can incorporate intelligent tech tools into your business structure to boost your own productivity and organization. With your staff working at an optimized level and your competitors' successful practices pinpointed and improved upon, the culture of your company can shift fully into one that's well-equipped to tackle their goals now and in the long-term

More on building success from our archives:

Enlightened Self Interest | People Development Magazine

Teambuilding Toolkit for Disruptive Times

The Essentialist Leader

INSPIRE GREATNESS



Just Coach It - The 3Q Edge
Grit, Growth & Greatness in Disruptive Times

www.3Qleadershipblog.com

Irene Becker, Chief Success Officer | Just Coach |
www.justcoachit.com

Get Rid of Negativity in 10 Minutes or Less



1. Delete: Delete an energy stealer or inertia builder that is undermining your ability to transform challenges into solutions. Catch your self when you are thinking a negative thought, say stop or next and shift your focus. Start right now by deleting one negative thought you have or had today that is not taking you forward.

Delete-Reboot-Upload-Recharge in as little as 10 minutes a day. You will be glad you did! Beat the stress trap. I have done it, my clients do it and you can do it do in less than 10 minutes a day. Yes, here come the cool tools (exercises that take ten minutes or less and will help you rewire your brain by getting rid of default patterns of thinking and feeling that are impeding your greatest potential and happiness)

2. Reboot: Stop the blame game, let go of who did what, or who has what. Reboot a better perspective by letting go of one thought that is causing you more pain than gain. Let go, reboot and refocus on a positive goal and intention that takes you forward. The impact of one positive goal and intention is powerful.

3. Upload: Take 2 minutes a day three times a day to be positive, to let go of any negative thoughts and beliefs. Click on the blue text for a simple and powerful exercise you can do almost anywhere. An exercise that will help you build greater mindfulness, enhanced focus, improved resilience and also improves focus and ideation.

4. Repower: Schedule your day with blank time, time between meetings, time between commitments where you can simply recharge. Science has documented the powerful benefits of blank time to cognition, health, focus, and resiliency. Diarize your blank time whether it is 5 minutes, 10 minutes or 20 minutes, because giving your brain a rest will only make you think smarter, feel better and increase your focus and effectiveness.

Science tells us that we need to be happy, be positive in order to tap into our greatest cognitive power and wellness. The imperative to find simple and powerful ways to stop negative thinking is critical.

Carpe diem. Delete-Reboot-Upload-Recharge in as little as 10 minutes a day. You will be glad you did! ©Irene Becker, 2019



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