

Success Leaves Clues: Trailblazer Series Edition 5



Our ability to make a positive difference, a transformational difference in society reflects the heart and soul of great leadership, and Cinnie Noble is a shining example of this leadership. Her trailblazing, change-making and successful career include being awarded the highest achievement in Canada, The Order of Canada, for making a social difference that made positively impacted society as

*well as the development of a unique conflict management system that is taught globally and 6 books. **Her many awards include:** The Diamond Jubilee Medal (Commemorative Medal in honour of the 60th anniversary of Her Majesty Queen Elizabeth II accession to the Throne) 2017 • Award of Excellence in Alternative Dispute Resolution from the Ontario Bar Association*

Success Leaves Clues. 3 important questions, and equally important answers from Cinnie Noble

1. What have been your greatest accomplishments as a trailblazer and change-maker?

I developed the first travel agency in Canada for people with disabilities for which I was appointed a Member of the Order of Canada in 1991. I became a lawyer, trained as a mediator, became a certified coach and developed a unique conflict management coaching model and one-on-one

system that has helped people worldwide move through conflict while also developing competence in conflict resolution. Authoring 6 books – 2 on conflict coaching *Conflict Mastery: Questions to Guide You* (2014) and *Conflict Management Coaching: The CINERGY™ Model* (2011) has enabled me to extend my reach and create greater awareness for the imperative a tactics that help turn conflict around.

2. What is your mission? My mission is to honour the skills I'm blessed with and those I've worked hard to develop to live a life of purpose – on purpose.

3. What is your favourite quote? *"I don't ask for the sights in front of me to change, only the depth of my seeing."* Mary Oliver



Cinnie Noble, founder of CINERGY® Coaching, a division of Noble Solutions Inc. Cinnie is a former social worker, lawyer, certified mediator (C.Med) and coach (PCC) who has studied and practised a range of conflict management services for over 20 years and developed her unique CINERGY conflict management/coaching model, coaching people worldwide and also, training coaches, mediators, lawyers, HR, leaders, social workers, psychologists and others around the world, in her unique conflict resolution model. Website: www.cinergycoaching.com



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3 Ways to Prime Yourself for Success in Disruptive Times (in 10 minutes or less)



Do you want to improve key skills; critical thinking, problem-solving, decision making, influencing skills, communication and conflict resolution, time and energy

management, delegation skills, development and leadership of teams, giving and receiving feedback, empowering others while achieving greater focus, satisfaction, and success?

Image Credit: Getty Images

The aforementioned skills are the focus of executive coaching and are critical to your success, but at a time when change, challenges, uncertainty, and possibilities are occurring faster than ever before, we need to also develop new ways of thinking that take us forward faster, stronger and happier.

The Bad

If YOU not aware that the World Health Organization forecasts that stress/anxiety/depression will be the MAJOR causes of disability in the world by 2020 you should be. Our dialogue around this topic is clearly avoidant, but it is those who put their heads in the sand who will be the most impacted and negatively impacted. You can run, but you cannot hide from a silent, from an insidious problem that is destroying lives, organizations and businesses from inside out.

The Good

Today's Wednesday Wisdom is about taking small, but important actions to help you become what Nasim Taleb described as "anti-fragile" because the greatest technical knowledge and the best people/communication skills will not be enough to help you move from NOW to HOW in your life, your career, business or community. A whole new world demands a whole new way of thinking that takes you forward faster, smarter and happier!

The Solution-A solution that is free, powerful and takes up to 10 minutes a day.

Emotional stuff, anxiety, depression...yes, the stuff we don't want to talk about will in the end catch up with us, but before it does here are three steps you can take as a leader

to become a success statistic and NOT a stress statistic.

Cool Tool #1: Disrupt negative thinking.

Instructions: Take 2 minutes a day to think of one positive experience that's occurred in the past 24 hours. It works because the brain can't tell the difference between visualization and actual experience. So, you've just doubled the most meaningful experience in your brain. Do it for 21 days, your brain starts connecting the dots for you. This tool, The Doubler is from the great work of happiness researcher, expert, and author, Shawn Achor

Cool Tool #2: Take control by giving up control

What? Yes, this counter-intuitive advice is powerful because it will help you develop a critical 21st Century life, leadership and success skill, emotional agility. Do NOT numb down an emotion, do not force yourself to be positive or try to avoid what you are feeling.

Instructions: Let yourself feel what you are feeling, label the emotion and make the choice to move past it by spending 5 minutes journaling what you are feeling and the benefits of moving past this emotion.

Cool Tool #3: Recharge and Reboot.

Gratitude can not only help us to feel better, focus on the positive, get empowered but it will also build emotional agility. What you focus on grows and science tells us that we cannot be grateful and angry at the same time.

Instructions: Prepare for this cool tool by distracting your brain (do anything that takes you out of the moment (wiggling your toes, pinching your arm, touch your tongue to the roof of your mouth) so that you can focus on 3 things you are grateful for. Close your eyes and focus on 3 things that happened today that you are grateful for. See them, feel them, make

them foremost in your mind, then journal what you are feeling!

Try one or all of the cool tools this week. Remember, consistency is key. I would be delighted to hear your results, and invite you to comment on the blog because we do not need to be on a collision course with anxiety that can insidiously erode an organization, a business, a professional practice, a life and many lives.

Carpe diem!



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Success Leaves Clues:

Trailblazers Edition 4



Mark Babbitt is a very successful entrepreneur who has developed, redeveloped and built businesses for the past 2 decades that have not simply kept up with a speed of change, but in many cases gained a strong competitive advantage by foreseeing where change was heading.

Mark is also a very dedicated family man (husband, father, and grandfather) whose great family and work in the community are a large part of his life. He is also the co-author of a terrific book, A World Gone Social

Success Leaves Clues. Three important questions, and equally important answers from Mark Babbitt

- 1. What has been your greatest accomplishment as a trailblazer and change-maker?**My greatest accomplishment has been the ability to demonstrate that mentorship is the finest form of leadership. By caring about people

and their work, we've shown that businesses, and the people who work there, can thrive well outside the traditional command-and-control environment.

2. What do you want to be remembered for? As I've coached youth sports for more than three decades now, all I want is just one person to think of me and say, "That is the best coach I ever had. He changed my life."

3. What is your favorite quote? "Nana korobi ya oki." In Japanese, it means fall down seven times and get up eight.

Mark S. Babbitt, President of WorqIQ and CEO and Founder of YouTern, is a serial entrepreneur and mentor. He is the father of five, grandfather of four-and-a-half, and husband to the woman who tolerates him (barely). He also has a great sense of humor which is of benefit to all!