

Leadership, Success and Peace of Mind in Uncertain Times



"The future belongs to those who see possibilities before they become obvious."

–John Sculley, former Apple CEO

We live in times of extraordinary disruption, and equally extraordinary possibility. Our ability to see the extraordinary possibilities before us, our desire to become possibility thinkers, communicators, and leaders is critical on a multiplicity of levels.

I discovered how to be a possibility thinker and doer by finding a way to transform pain into strength, challenges into courage, hope into faith, conflicts into communication and difficult problems into cognitive dexterity; a way, a path that speaks to life and business/professional leadership. And, as, is often the case, the genesis of my 3Q model and work started when I faced the worst of times; a time when my life and work hung in the balance by a very thin thread. [Read more-My story Against All Odds \(over 49,000 views\)](#)

A recent McKinsey and Company article estimates that change is happening ten times faster and at three hundred times the scale and impact of the Industrial Revolution. The Industrial Revolution altered life and work as we once knew it; our transition from the world of information to the age of innovation comes with a velocity of change, challenges, hyper-competition, and opportunities that our predecessors could

never have imagined. A VUCA (volatility-uncertainty-change-ambiguity) world demands a whole new focus and set of leadership skills that can take us forward faster, smarter, and stronger at a speed of change, challenges, and possibilities that will continue to accelerate. [Read more-The Individual and Organizational Imperative for 3Q Leadership](#) (over 41, 000 views)

The 2015 Global Human Capital Trends report by Deloitte pinpoints four critical pivot points for success: leading, engaging, reinventing, and reimagining. What worked yesterday may be impotent today or tomorrow; the need to shift forward is critical, and it depends upon your attitude, your ability to reimagine, engage, reinvent, and LEAD forward. It depends upon our ability to help men and women, people of diverse backgrounds develop the skills they need to transform what is into what can be. [Read more-Women and Leadership](#) (over 59,000 views)

Your ability to remove the barriers to your greatest potential is real, and the first step in moving forward is recognizing the incredible potential within; your potential to think, feel, see, and learn faster and better than before.

I have dedicated my life to helping people build their 3Q Edge because a whole new world demands a whole new focus that helps us live, learn, communicate and lead forward faster, smarter and happier than before. [Read more-3Q Benefits and Why I Have Dedicated My Life to This Work.](#) (over 59,000 views)

Are you ready for a new focus? Is it time to think differently? Transform stress into success? Make change your greatest ally? Stay tuned, for my next post, as we explore taking the road less traveled by using challenges, changes, and stressors as a powerful lever for your greatest potential and results! [In the meantime, check out three interesting, exciting innovations and a list of predictions by Bill Gates!](#)



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**Monday Motivation | 2 | Go
ahead, get inspired by what
we can do and create!**

**Monday Motivation: Improve
Your Day in 5 to 38 minutes!**



Can a 38
minute
routine turn
a negative
day around or
infuse your
day with
positivity?
Do 5 minute
Cool Tools
work? Yes!

Try them on for size and find out! Continue to read for a

great morning routine. Scroll to the bottom of the page for 5 minute Cool Tools. I believe you will be positively surprised by your results!

How can you get happier and more focused? Turn blah into blossom? Transform negativity into a new positive way of thinking? Michel Schwantes, shared terrific advice in his column for Inc. I am sharing an abridged version of the key steps mentioned in his recent article because they are simple, practical and purposeful. You can also find my cool tools at the bottom of the article.

1. Fuel your brain with the good stuff. in 10 minutes

Whatever you do, don't skip a healthy breakfast. Trade your bowl of sugary cereal for something healthy—like oatmeal or a protein berry smoothie (have all the parts cut up the night before and ready to be blended).

You'll avoid being tired and hungry later when the sugar jolt wears off.

2. Have a quick 15 minute exercise session.

If you fear a grueling work out, don't worry, this won't require you to push play on the P90X video. Positive psychologist Shawn Achor says that a short burst of fun cardio activity (think hula hoops, jumping on the trampoline, a laser Zumba dance session, or a brisk walk with the dog) works wonders . All it takes is 15 minutes per day.

3. Breathe for 5 minutes

OK, now that your heart is pumping a bit. it's time to switch it up. Sit in a comfortable spot (your "happy place"), and breathe. No, we're not talking breathing normally but "conscious breathing," a focused form of yoga-based, breathing meditation.

Click here for one of my favorite Cool Tools (exercises that take less than 5 minutes) The Pause. The Pause will help you breathe better and develop greater mindfulness.

4. Here's what to do in 5 minutes or less: Before noise from the outside world or your smart phone (or the kids waking up) distract you and you're off to the races, find a quiet space, take out your journal or a notepad, and write these questions down:

What will grow you personally or professionally, and improve you as a human being today?

What will excite you and give you more energy today?

What will set the stage for an epic-productive day?

5. Take maximum 5 minutes to reflect on three things you are grateful for in life.

Move to another quiet and sacred space, preferably outdoors (a swing bench, a dock, or under a tree). Close your eyes, breathe through your stomach and center yourself. Meditate on the good things of life for 60 seconds—your family, job, good health, community, religion, etc. Now open your eyes and for the next 2 minutes write on your notepad or journal 3 things that you are grateful for the previous day.

Whether you are down in the dumps, stressed or discouraged taking simple, positive and purposeful steps can make a world of difference! We all hit ruts in the road, challenges, detours that sadden us and make it difficult to engage the positive energy and focus required to have a successful day.

Recharge in 5 Minutes or Less. Here are some 5 Minute (or less) Cool Tools

3 Simple Powerful Ways to Turn Negativity Around

How to Inspire and Enable Your Greatest Potential

100 Stressbusters

The Happiness Course-7 Tips and More

The 18 Word Success Formula

The Pause



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