

Saturday Video: Boost Your Results & Reduce Your Hours



How can you boost your results while reducing your hours?

In the book, *Extreme Productivity*, Robert C. Pozen shows us how to be truly productive, even when faced with a myriad of competing demands

and multiple time-sensitive projects. During the 5 year period in which this book was written, Pozen held down two full-time jobs as a business leader and a Harvard teacher while also keeping a good relationship with his wife and family. The book is based on his long-term, real-world experience and gives the reader excellent counsel on productivity, personal development, and relations.

What are the secrets to extreme productivity? [Enjoy this 2-minute video](#)

[book summary of Robert C. Pozen's book, *Extreme Productivity* by The Business Source.](#)

More? You betcha.

Here are some of my favorite stress-busting techniques and a cool tool (2-minute solution) to help you recharge, refocus and repower. Yes, stress is a 21st-century part of life that is eroding individuals and organizations from inside out.

Stress not only impairs cognition, productivity and also damages our physical and emotional health. **Less stress-greater**

productivity and success!

100 Stressbusters

The Pause-A 2-minute cool tool, a transformational exercise anyone can learn to do.



Just Coach It | Recharge-Refocus-Repower

Irene Becker, Founder and Chief Success Officer
Coaching•Consulting•Workshops•Keynotes with a 3Q
Edge™

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**Leadership is Olympian |
Practical Ways to Ignite Your
Inner Olympian**

Saturday 2 Minute Video: Effective Leadership, Engagement & Results



Leadership BS-Changing Workplaces and Careers One Truth at a Time

Disengagement is a critical problem that is destroying organizations from inside out. The imperative to revisit our thoughts about what makes a good

leader and how to develop effective leadership training is critical.

What if most of what you've been taught about leadership in college, business school, seminars and management literature is either wrong or useless?

In his intriguing and controversial book, Leadership BS-Changing Workplaces and Careers One Truth at a Time, Jeffrey Pfeffer highlights five disconnects between contemporary leadership teaching and real world practice.

- What are the five disconnects that create ineffective leadership and dis-engagement?
- What can we NOW to develop good leaders?



Watch the Video

Watch this 2 minute video synopsis of Professor Pfeffer's book, [Leadership BS-Changing Workplaces and Careers One Truth at a Time](#) by The Business Source and re-visit your beliefs about what makes a good leader.



Leadership means using changes, challenges to build intellectual, emotional adaptability and purposeful results; it is a 3Q Equation supported by courage. Courage grows each time we align IQ (intelligence), EQ (humanity), SQ (integrity).

Irene Becker, Founder, Just Coach It-The 3Q Edge™

**More on
Effective
Leadership at
the Speed of
Change/Challe
nges? Yes!**

[The Individual and Organizational Imperative for 3Q Leadership](#)

[Enlightened Self Interest-6 Ways to Build a Resilient Thriving Organization](#)

[3Q Leadership™ Exposed-Realizing Leadership Magazine Cover Story](#)

[Free eBook-Leading and Succeeding in Disruptive Times-A 3Q Edge™ Primer](#)

Take action NOW. Build Your Ultimate Advantage-Your 3Q Edge

**Irene Becker, Founder, Just Coach It
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