

# Build Your Ultimate Advantage in Turbulent Times

You have heard of EQ/EI (emotional intelligence) but what is 3Q, and how can building three “Q” strengths change and improve your life, your communication, your leadership and the results you achieve in a VUCA\* world? [Click here to learn all about 3Q skills](#) scroll down to take a free 3Q life and career self-assessment. (\*volatility, uncertainty, change, ambiguity)

Here are 7 ways to start building YOUR 3Q Edge:

1. **Build a community of purpose**, because success in a connected world demands communication, collaboration with your direct reports, your boss, your colleagues and other stakeholders. Click for more info on developing YOUR Community of Purpose.
2. **Develop Greater Self Awareness** Your ability to find new ways, better ways to R-E-A-C-H (redirect, empower, actualize, communicate and harvest results) in yourself is the starting point, the pivotal determinant for your ability to inspire and engage the best in yourself and others in good times and bad.
3. **Increase your emotional intelligence**, build the self-awareness, awareness of others, emotional mastery and resilience that is critical to effective. Click here to

learn more about EQ management, leadership and wellbeing. Learning about EQ/EI is important, but it is not enough. Emotional intelligence is honed in the practice, in using challenges at hand to build each critical area of EQ/EI that will allow you to live, lead and succeed more effectively, optimize and delegate purposefully and build the communication and strong relationships that are critical to success.

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4. Embrace and nurture your strengths. Get in focus with what you do brilliantly, with your areas of excellence. Know what you do best, and use every challenge you face to engage and build you're your intrinsic and learned strengths. Choose team members who have different strengths that give the sum total of your efforts more power. Team members whose values, integrity and dedication mirror yours but whose intrinsic and learned strengths are different and complimentary to your own.
5. See challenges in a new and different way that takes YOU and those you lead forward. Develop a new and different relationship with changes, stressors, difficult people/situations that will help YOU Fail Forward faster and better. Your ability to reset default patterns is the coachable moment. It takes awareness; it takes practice and consistent small positive steps or changes in perspective and behavior that will have a formidable impact.
6. Develop your REACH coaching skills. Learn how to effectively coach others. Develop the coaching skills that can help you help others to optimize their potential, communication and results when the going gets tough by helping others R-E-A-C-H™ (redirect focus, empower, actualize potential, communicate effectively, harvest results). Apply systems theory, because even one small consistent positive change will impact the whole system in ways that can be pivotal and transformational.
7. Develop new ways, better ways of communicating that

helps you build a bridge across cultural or generational differences that helps you to achieve the engagement and collaboration you need to succeed in our connected world. Your ability to communicate effectively is one of the most important determinants of your personal and professional success. Do you want to play to strengths while transforming stressors, changes, challenges into a lever for your greatest purpose, potential and results?

Pie in the sky? Think again. The proof is in a 13 year track record of breakthrough results in high stress, high change environments.

## **Take action NOW...**

Find out where you stand with this FREE 3Q Career and Life Self Assessment and contact me for a complimentary 15 minute consultation because the need to not only play to strengths, but to transform changes, challenges and stressors into a levers for your greatest potential, happiness and results is real and CRITICAL.



**Build Your Ultimate Career, Leadership and Life Advantage  
Just Coach It with Irene Face to Face, By Telephone, Skype or  
Video Conferencing**

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

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# Self-Actualization, Happiness and Success in a Chaotic World



I share this post with you because I believe in our ability to build a better tomorrow. I wake up each morning striving to share more, to help more because I believe with all my heart that courage, integrity,

hope, humanity and faith can take us forward. They are the values, the strengths, the greatest riches that no one can take from you. [Read more](#)

**Self-actualization, happiness and success start by knowing what you really want and adopting a fresh perspective that will help you learn, live and lead forward.** What do you really want? What is really bothering you today? How can you engage your purpose, your passion, your ability to tap into your strengths and transform challenges into possibilities? Stop thinking about what is wrong, and start focusing on what is

right. [Read more](#)

**Will you choose greatness?** Will you choose to be a victim or a victor? Do you want to let life happen to you or use what life gives you to tap into your greatest power and the heartfelt values that ignite and sustain your greatest power and happiness? The greatest power we have lies not in what we have, but in who we are-who we choose to be. Become the director in YOUR movie/YOUR life. [Read more](#)

**Start now. Start this moment by applying self-love.** We are all capable of greatness. What this means to each individual is different, because our impact, our contribution to the world is different. Each positive contribution, no matter how big or small, is a critical component in an evolution of self and society that will take us forward to face a brave new world with hope, faith, courage, humanity and integrity.

[Read more](#)

**Every day is an opportunity to begin again.** Every day will present you with challenges and opportunities to transform the challenges you face into levers for your greatest potential. Will you seize the day? Will you recognize your power to make a difference in any way you choose? Think carefully, because the greatest fulfillment, the only true happiness we feel is when we are contributing, when we are sharing, when we have touched the life of another. [Read more](#)

**Where do you start? Start here!** Start with self-love and appreciation that is NOT founded on the need to be validated by others. Make a decision, a choice to appreciate your unique gifts, your unique potential, your unique fingerprint because YOU can make a difference in whatever way you choose, but making a difference means being grounded in love not fear or anger. Apply self-love. [Read more](#)

**Start this day with a fresh new perspective that will take you forward! Refocus, repurpose, repower!** Get inspired by the person you really are because that person is the person YOU

can choose to be. Feel your power to choose love over fear, humanity over anger, hope over despair, faith over uncertainty. Build your 3Q Edge™, your ability to tap into your strengths while using challenges as a lever for your greatest potential and results. [Read more](#)



**Just Coach It. Empower-Engage-Transform Your Next Challenge Into Possibility Thinking, Doing & Results**

Irene Becker, Founder and Chief Success Officer

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**Saturday Video: Bold-How to Go Big, Create Wealth and**

# Impact the World



Are YOU ready to get **BOLD**, go big, create wealth and **IMPACT** the world? Is it time to understand the power of exponential technologies, moonshot thinking and crowd-powered tools that are disrupting huge organizations and

enabling startup entrepreneurs to go from an idea to a billion dollar company? **Bold** is a fascinating read for anyone who wants to make their boldest, most purposeful dreams come true.

**Do you want to design and use incentive competitions, launch million-dollar crowdfunding campaigns** to tap into tens of billions of dollars of capital and build communities of purpose—armies of exponentially enabled individuals who have the ability to make your boldest dreams come true? President Bill Clinton called **Bold-How to Go Big, Create Wealth and Impact the World** by Peter Diamantis and Steven Kotler, “A visionary roadmap for people who believe they can change the world-and invaluable advice about bringing together partners and technologies to help them do it.”

**Click here to enjoy this 2 minute video summary of Bold-How to Go Big, Create Wealth and Impact the World**

Gratitude to [The Business Source](#) for this excellent video, and to Peter Diamantis and Steven Kotler for their important work and book.

**What's next....Stay tuned for another 2 minute video summary of a great book next Saturday!**



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