

The Most Meaningful Gift

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We stand on a glass cliff, a place where we will see the greatest renaissance man has ever known, or a decline into the abyss of chaos, aggression and destruction. A place where we can choose to embrace our potential to use what is to create what can be in ourselves, our families, our organizations, our society...our world.

One of the most meaningful gifts you can give is the gift of encouragement. The father of Positive Psychology, Dr. Martin Seligman ascribes 5 factors to human wellness; these five factors are also the anchor for resiliency, tenacity and top performance: Positive emotion, engagement, relationships, meaning/purpose and accomplishments. These five factors cannot be cultivated and sustained without encouragement.

“You get the best efforts from others not by lighting a fire beneath them, but by building a fire within.” Bob Nelson

A person possessing the gift of encouragement transmits an energy, a humanity, a deep sense of caring and acknowledgement of another person's qualities that can change a life, a relationship, a team or an entire organization.

“Techniques don't produce quality products or pick up the garbage on time; people do, people who care, people who are treated as creatively contributing adults.” Tom Peters

Your encouragement can shine the light on current potential and on past accomplishments in a way that ignites the fire, the power of another person; and the bonus of encouraging others lies not only in empowering them to feel better and do better, but it has the same effect on the encourager.

“The way to develop the best that is in a man is by appreciation and encouragement.” Charles Schwab

- Do you want to build greater resiliency and tenacity? Improve your performance or results?
- When was the last time you encouraged someone else? How did it make you feel?
- Do you use encouragement to engage and empower

yourself and others?

- Do you encourage at least one person a day?
- Did you have receive encouragement in your life or career that helped you see and live your best life?

Remember to encourage yourself, because self-encouragement is important. In order to lead you must develop the self awareness it takes to embrace our power and transform our challenges into levers for wisdom, purpose, integrity, humanity and results. Seize this moment to encourage yourself and recognize that you can build your 3Q Edge™! Continue this positive energy by reaching out and encouraging someone else, you will be glad you did.

Leadership is a 3Q equation supported by courage. Courage grows each time we align intelligence (IQ)-humanity (EQ) + integrity (SQ).

Celebrate your ability to change and grow because while our brains are primally wired to look for problems and seek out negativity; cultivating the habit of encouragement will help you reset the primal wiring and refocus in a more positive way. Yes, your brain is neoplastic; cultivating new ways of thinking, new habits of doing or communicating can help you re-write primal wiring or old scripts that no longer work. New mindset = new results!

***“Be patient with yourself. Self-growth is tender; it’s holy ground. There’s no greater investment.”
~Stephen Covey***

One of the most meaningful gifts you can give yourself and others is the gift of encouragement.

Yes, encouragement can be contagious! It only takes one candle to illuminate a room. Think about how encouraging others can impact your future and theirs. Seize this moment to encourage yourself! Continue this positive energy by reaching out and encouraging someone else, you will be glad you did.

“Act as if what you do makes a difference. It does.” ~William James

More on 3Q Personal Development and 3Q Leadership Development!

You betcha! *Browse the blog...lots to read and enjoy. [Enjoy Just Coach It on Pinterest.](#) Send me your thoughts, because what you think counts!*



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Your Greatest Happiness

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The litmus test of your greatest happiness rests on your ability to find freedom from that which will only lead us down a path of instant gain and long-term pain. It is easy to become a slave to our ego (the need to be validated by

others), or to the demands of others. It is easy to develop “soft addictions” to avoid areas of our life that run against our true purpose, our desire and nature to love and to share. “Soft addictions” like getting hooked on t.v., focusing on negativity or being a workaholic are facile ways to distract us from what really matters to us.

When we choose to be addicted to that which helps us avoid that which is difficult or painful we lose touch with the fact that our greatest sense of purpose comes in sharing, contributing and giving. Whether you are addicted to TV, video games or shopping your soft addictions are a trap. How can you gain the personal freedom to empower our best thoughts, engage our greatest actions and live our best lives when we are facing a change or challenges that has impacted the landscape of our life or work?

Happiness is a choice that starts with being grateful for the gift of life and to look at your glass as half full. It

starts with championing the faith, hope, courage, integrity and humanity that can lift YOU from where we are to where we need to go. We can start by learning to appreciate the present moment. We can gain perspective by taking time to reflect, time to really live in the present moment so that we can be still and hear our inner voice.

Mindfulness is something that is top of mind for leaders, as it helps drive cognition, ideation and resiliency. It needs to be top of mind for us all! Take nine minutes out of your busy day to be mindful-try the 3 minute Pause exercise three times a day, and you will see a difference in your state of mind, focus and the feeling of gratitude that elevates your consciousness and your soul.

We can make a choice to step back and see challenges, changes, even failures with new eyes that take us forward; new eyes that help us tap into our true power and acknowledge that we have a purpose that

is bigger than the challenge, bigger than the change or failure are facing.

Our true power is the power to choose freedom over slavery, happiness over despair by refusing to be a slave to our thoughts, by pointing them in new directions that take us forward. Is it time to recognize that every thought and action that feeds your need to be validated by someone else, makes you a slave to your ego and to the demands and expectations of others? Is it time to re-awaken and re-inspire your best self and best thoughts?

Take a moment, take this moment to be still and reflect on what you truly want and need. You can choose to elevate this day by taking one small step that will bring happiness to another human being.

It can be a simple smile to a co-worker; it can be anything we choose. Just one small, simple gift of goodness will add a drop of greatness to your day. Pie in the sky? Think again! Take a moment to spread a little goodness, because doing

good feels good.

Choosing not to follow the crowd, choosing to empower and enable thoughts and actions that disable your best self and thoughts is to choose slavery over freedom, happiness over despair. At a time when the World Health Organizations forecasts that stress related ailments and depression will become the major causes of physical and emotional disability in the world, the imperative to strengthen your resolve to focus on that which truly empowers and enables your best self, best thoughts and best actions is clear.

Seize this day, empower this moment by choosing freedom over slavery. Find your happy spot. Refuse to be a part of the silent war of negativity, discouragement, disengagement, depression and despair.

Tap into YOUR power to think differently, communicate differently and develop a NEW relationship with your strengths and challenges that takes YOU forward!

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New Managers: 5 Ways To Overcome Your Leadership Fear

Practical Leadership Advice for New Managers
By Guest Blogger, Ben Russel

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Not everyone is a natural born leader. Many new managers may fear taking a leadership role. These fears may be based on such things as bashfulness or a blatant fear of failure. People may fear being humiliated in public, not having all of the answers, making the wrong decisions, or being seen as a fraud by their peers. While these fears are very real, there are ways of overcoming these fears and being a more confident and successful leader.

- 1. Recognize the Fear and What You Believe You Are Afraid of** According to experts at Solid Essay, the first step in overcoming your fear of being a leader is to ask yourself what it is you are really afraid of. Are you afraid of making the wrong decision? Are you afraid you are going to be critiqued or judged? Are you afraid of being humiliated? Recognizing what fear is holding you back will help you focus in on that fear and find a way to overcome it. If you are afraid that you are not going to have all of the answers, understand that no one has all of the answers, but leaders know how to find the answers or how to find others that have the answer they require. Don't be afraid to admit, even to a large group, that you do not have the answer to that particular question, but that you will get back to them with an answer as soon as possible, and then make sure you follow up with getting the individual or the group the answer they were looking for.

- 2. Find Peers That You Can Confide in and Who Will Truly**

Support You

No leader leads alone. Every leader has either one, or several peers that they can confide in and bounce their ideas, concerns, and strategic visions off of. These leaders have to trust that their peers will be genuine with them, speaking up when an idea may need another look, or supporting them when a tough decision that maybe unpopular is made. That leader must provide the same in return when a peer comes to them with the same need.

3. Speak Truthfully in a Positive Way and Encourage Others to do so As Well

An organization that lacks a truthful leader will most likely not have truthful members and this could lead to the ultimate failure of, not only the leader, but also the entire organization as a whole. The leader must truthfully and respectfully share as much information as possible with an organization, and must encourage the organization to do the same. A leader, afraid to speak or hear the truth, is a cowardly leader who will deny the boat is sinking, even as it fills with water. Open and honest communication is a must for the success of any leader.

4. Don't Be Afraid to Fail

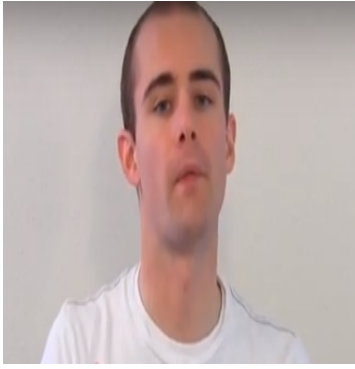
Sometimes being a leader means making a difficult decision without having all of the facts and a call needs to be made quickly. It is in these moments that leaders must be willing to fail, and then take the blame if they ultimately do fail. Making a decision that fails does not make one a failure, being afraid to make a decision at all is what leads to failure. If a decision is made that does not work, the leader can stand with his/her head held high and say they made the

best decision at the time with the information they had at the time. Being able to bounce back from this wrong decision is what will make one a great leader.

5. Understand that Everyone Makes Mistakes

No leader is flawless and no leader will ever be able to make decisions that satisfy everyone within an organization. As a leader, we have to admit that we will make mistakes, our decisions will come under scrutiny, and we may upset some individuals along the way. The key to overcoming this obstacle is to do everything with integrity. If you make your decisions based on what is best for the overall organization objective and your decision can withstand the scrutiny of the light of day, then you have done the best that you can as a leader and you have done so with integrity.

Leadership is not an easy task. It could be something as simple as leading a group of classmates in a group project, to running an entire nation. Each person in a leadership position has fears and obstacles that they must overcome in order to lead, as fear is a natural human response. It is identifying what we fear as leaders, and facing those fears head on that will allow us to overcome those fears. If we lead with integrity, honesty, and make our decisions with the best information available at the time, and take responsibility for any shortcomings, then we will be individuals who can lead from the front and in the daylight, rather than from the back and in the shadows.



Author bio: At Solid Essay Ben Russel provides writing guides for college students on how to write essays, research papers and theses.

His guide on how to write a thesis for a research paper is very popular among US and UK students.

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