

# From Victim To Victor | New Edition

**From Victim to Victor | New Edition!**  
**With 33 Inspiring Bonus Links & Tip Sheets**

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The secret is out of the box! We want life to be an easy path, but it is not. Life is difficult; it is also challenging and exciting adventure, a treasured gift. How do we move past the wounds of the past that we all face? Words make worlds, thoughts create our perspective. consciousness and perspective are everything.

Every day, in every way, you choose to be either a victor or a victim of life.

Victors choose the hard road, the path of personal power and positive change. They chose to take the road less traveled.

A road of life by design, a path that reflects their values and their vision. Victims choose the easier path and in so doing become prisoners of a life spent by default. Victors live life with passion and purpose, victims just spend their life on autopilot, on a journey of default in which they dance to another man's drummer and never find their true path. Victims and victors come in all sizes, shapes, economic and social classes. If you look closely you will see them in every station of life. If you look closely, you will see that both under-achievers and over-achievers are victims of the same wound. They both seek validation, in different ways.

But, the only true validation we have comes from inside out. It is the validation and internal power we feel and live when we engage our truest faith, hope, courage, integrity and humanity. It is the empowerment we feel when we recognize that we each have an important role to play, no matter how large or small in a greater purpose.

If you are victor reach out this week and inspire a colleague, friend or loved one to seize the day with passion and purpose. If you are a victim, do not despair. Carpe diem. You can change your thoughts, your beliefs, your habits to reflect your personal power and your ability to live life by design. The first step starts with awareness and appreciation. Each day, each moment holds the seed of possibility for positive change and growth. What is your drummer? What is your design? What dreams and values do you hold dear to your heart that you need to express? Are we impelled and propelled forward by values that speak to our true purpose, or by ego that will hold us in the embrace of false security and meaningless victories?

It is never too late to embrace self-love and self-worth from inside out! You can choose to walk the hero's journey to the destination of our choice, to a life well spent. The choice is now. If you hear the call, take one small step today to move past fear, past habitual excuses, past negative self talk

and self-criticism that holds you back. Tomorrow take another step towards a greater goal. Hear the call. Victory awaits you.

### **More on Personal Leadership and Empowerment? YOU Betcha!**

- The Secret to Personal Development
- The Empowerment Compendium
- Against All Odds: A true story of hope, faith, courage and leadership
- Remove The Wall To Your Greatest Potential
- 2 Minute Tune Up for Over Achievers AND Under Achievers
- Getting Back On Track When You Have Hit A Wall
- Break Through A Performance Plateau
- Five Ways To Lead Forward And Champion The Challenge
- Five Ways To Take Control Of Your Potential
- Ten Ways To Lead Forward In The Face Of Complexity And Change
- The 18 Word Success Formula
- The Secret To Success Is Failing Forward | A Critical Life & Leadership Skill
- Is There Something Constructive About Discontent? YOU Betcha-10 Tips and Posts
- Live and Lead Forward | Connect and Contribute
- Get Energized, Empowered & Solution Focused-3 Steps
- Self Talk-7 Powerful Steps
- The Secret to Peace and Prosperity
- PMS-Post Millenium Syndrome And How To Get Rid Of It
- The Pause-A 3 Min Exercise to Recharge & Repower
- Ten Steps To A Happier More Successful YOU
- True Happiness-Transformational Joy
- True Power-True Happiness
- The Happiness Compendium
- 4 Ways to Kickstart Happiness
- Get Happier Tip Sheet
- Rediscover Your Genius
- Turning Problems Around

- From Victim to Victor
- The Power of WHAT (not how)
- Look Within You Are The Secret
- Living And Leading The Dream-If Not Now WHEN?
- The Life You Truly Want and Need

## **Great Read Book Review and Excerpt**

Dare-Dream-Do by Whitney Johnson

***I am committed to helping smart people and organizations use changes-challenges-strengths to optimize and catalyze their potential by building their 3Q Leadership Edge.***

***Use changes and challenges to improve whole brain thinking, engagement, empowerment, communication, management, leadership...career success?***

***Yes, the proof is in ten years of inspiring and outstanding 3Q results!***



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# **From Now To How: Social, Virtual and Cross Generational Leadership**

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This article was first published, on a terrific blog of extraordinary thinkers, Switch and Shift! Thanks to Ted Coine and the Switch and Shift Team for sharing this post.



*You can criticize, condemn and complain or imagine, inspire and innovate. Your choice will determine your destiny. – Deepak Chopra*

**The need to go from NOW to HOW is critical.** Leadership starts with our ability to imagine, inspire, innovate and communicate forward.

**Hope lies in not simply playing to strengths, but to seizing every challenge, change, stressor and failure as an opportunity** to grow, evolve and expand the power of our minds, the strength of our brains and the capacity of our hearts.

**Courage lies in our ability develop a whole new mind set, skill set and heart set** that optimizes the unbridled passion, purpose and potential of humans to do better, rather than simply living or working faster than ever before.

**Strength lies in finding a common language, a common message that touches the heads, hearts and mind of many.** A message that transcends social, ethnic, virtual and cross generational lines because it speaks to the purpose that unites us all.

*Leadership starts with our ability to imagine, inspire, innovate and communicate forward.*

**Leaders must be purpose driven because purpose equals profit** on a multiplicity of levels. If your employees, your team, your constituents do not feel that the work they do, the contribution they make, is purposeful they will never optimize or maximize their potential.

If they do not feel that they are an integral part of a bigger picture, a larger goal or a greater team, the engagement, loyalty, transparency of communication and collaboration optimization of engagement and potential will not be achieved.

Similarly, if they do not have access to resources that help them learn new ways of thinking doing and communicating that enable their greatest potential in the face of change, challenges, complexity and opportunities they cannot lead forward.

**Leaders must embrace their ability to go from NOW to HOW by not simply playing to strengths but also to using change, challenges, stressors, even failures to optimize all 3Q's:** IQ (intelligence-focus-ability to learn and re-learn faster and better); EQ (emotional intelligence; self awareness, self management, relationship management, social management, communication); and SQ (values, purpose, integrity).

3Q Leadership strengths are not for the faint of heart. They are instead for those who want to negotiate dark corners, build new bridges among diverse groups and develop communities of purpose and practice that survive and thrive by using strengths, changes and challenges to communicate and lead forward.

**Leaders must be excellent listeners, learners and communicators who build bridges across diverse groups, internal and external constituencies.** They must build and empower Communities of Purpose where shared objectives, values, purpose and language empowers, engages and sustains actual, social/digital/virtual communication and collaboration.

They must have the courage to negotiate dark unknown corners with courage, hope, faith, integrity and humanity knowing that the differences that separate us are inconsequential in relation to the common human bond and purpose that unites us.

They must have the communication skills to find the message, the sound bite that opens the ears, heads, hearts and minds of all, irrespective of race, creed, gender or generational age. They must be leaders who learn, re-learn and fail forward faster and better than ever before by developing real and virtual/social communities of purpose.

*Leaders must be excellent listeners, learners and communicators who build bridges across diverse groups, internal and external constituencies.*

**The need to go from NOW to HOW is critical.** Leadership starts with our ability to imagine, inspire, innovate and communicate forward. It means embracing our ability to learn, re-learn, imagine, inspire and innovate by championing the mental, emotional agility and consistency of united purpose and integrity that can help us use what is to create what can be in ourselves, our people, our organizations...our world.



## About the Author:

First woman CEO of a steel company in Canada, Irene Becker has a track record of trailblazing accomplishments in business and in the community at large. Irene is an inspiring executive coach, speaker and writer whose R-E-A-C-H methodology and 3Q focus has helped clients achieve breakthrough results in their careers, communication, leadership and lives. Passionate about the integrity of her work, Irene is dedicated to helping change-makers LEAD forward at the speed of change.



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# **The Thriving Organization-Ten Power Steps Out Of Jurassic**

# Park

## The Thriving Organization – Ten Power Steps Out Of Jurassic Park

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Jurassic Park is alive and well. If you are not working in Jurassic Park, many of your colleagues and friends are. While there are minor exceptions, organizations by and large spend incredible dollars trying to help executives and managers play to their strengths. Good? Yes. Enough? No. The imperative to capture and use what we now know about ideation, cognition, building whole brain skills, developing greater emotional resiliency, empathy communication, collaboration and

the ability to learn and relearn faster and better must be integrated in programs and initiatives that stretch across the organization. Initiatives that transform complexity into simple, powerful steps that create practical and powerful results in the way we communicate, collaborate, manage and lead in the face of change, challenges and complexity. Powerful steps that help us reset the internal and organization GPS to flash forward!

Are you improving your corporate culture? While the elephant

moves slowly, the need for organizations to move fast by recognizing the gaps that prevail is critical to moving out of Jurassic Park. Will YOU build not only a learning organization, but a living, thriving organization where adaptive communication, management and leadership thrive? Is your organization “people and process ready” to make the necessary transition from the age of information to the age of innovation?

**Are you developing the vertical and horizontal communication and leadership critical to success** by using not only strengths but changes, challenges, stressors and failures to build your 3Q Leadership Edge? – Q1 enhanced focus, ideation, ability to learn-relearn | Q2 improved emotional intelligence-emotional self management, relationship management, social management | Q3 purpose, integrity-and the alignment with the shared values that drive sustainability, engagement, & empowerment.

### **Ten Simple, Power Steps Out Of Jurassic Park | Ten Steps To A Thriving Organization**

**1. Develop training, coaching and mentoring initiatives that help managers and executives develop a new relationship with strengths, challenges, stressors and failures that empowers their greatest potential in the face of complexity and change.** Optimize strengths and USE challenges, changes, stressors and failures to R-E-A-C-H™ (Redirect Focus, Empower Confidence, Actualize Potential, Communicate Effectively and Harvest Results). Build 3Q Leaders and Managers who inspire the best in themselves and others in the face of change, complexity and challenges

**2. Keep your eye on the prize. Purpose = Profit.** The fire of human passion, purpose, potential and creativity will take your organization forward faster and better. Employee engagement, buy in of constituents and relationship growth/management demand a laser focus on the shared values, objectives and giving all constituents the resounding sense of

purpose that drives profit at every level; individually, organizationally, socially, financially.

**3. Be a promise manager and leader who fails forward.** Use every opportunity to model promise management and leadership. Build the DNA of all successful relationships, trust. Do what you say, come through with the promises you make and when you fail, fess up to the error and teach your people the power of learning to fail forward. Model it, teach it because the sheer velocity of change means that the best and brightest among us will fail. Learning to use our failures to help us lead forward is a critical life and leadership skill.

**3. Find the DNA of success.** Understand what really drives you, and gain a better understanding of what drives and motivates others. Get coached so that you have not only a trusted confidant and sounding board, but a dedicated professional who can help you the high emotional intelligence, life, leadership, communication and whole brain thinking strengths that are the new currency of success.

**4. Become relentlessly solution focused. Develop a new relationship with change, challenges and stressors.** Neuroscience now confirms that our brains are set on automatic negative, a default from our days in the cave when being on alert for surrounding predators was critical. Yes, we pick up negative occurrences, random thoughts etc with the greatest facility; yes, our brains are conspiracy theorists! The caveat is that we can learn to use simple steps that will help us reset the internal GPS, reset patterns, habits of thought that impede our being solutions focused.

**5. Get out of the comfort zone on a daily basis.** There is nothing comfortable about the era in which we are living and leading. Learn to embrace and use moments that take you out of your comfort zone as opportunities to stretch, grow, learn and succeed. Getting out of the comfort zone in small ways, will

help you develop greater emotional and mental adaptability in big ways.

**6. Cultivate humour, optimism and adaptability** while retaining a realistic perspective. Take time each day for a good laugh. Brain science tells us that laughter not only connects you with others but it also helps strengthen the immune system, creativity and enhanced ideation. Take time day to factor in blank time every 90 minutes (even five or ten minutes)-time when you do not think about stressors, problems at all. Blank time will help you come back to the challenge or project at hand with greater mental acuity. Build mindfulness, empowerment, focus in as little as 3 minutes a day.

**7. Nurture and build collective intelligence embrace change by building a Me to WE culture!** Develop vertical and horizontal communication. Success is not achieved alone. Your people, your relationships (social, person to person) are your most important asset. Develop a ME to WE culture where shared objectives, values, communication, learning/relearning and collaboration are entrenched in every communication and initiative. Systems theory tells us that one small, consistent change will in turn change the whole system. The positive, purposeful small and consistent changes you make will reset the individual and organization GPS to fast forward!

**8. Build Social, Virtual and Cross Generational Leadership across diverse constituencies.** A global marketplace, a war for talent, and a diverse workforce all demand a new perspective that will allow you to understand and successfully negotiate the cultural and ethnic differences that can deride communication, effectiveness, engagement, action-ability and results. Build the sound bites, the message bites, the verbal, written and digital/social communication that drives a Me To WE culture that transcends social, gender, ethnic differences.

**9. Don't react-respond. The era of command and control leadership is passé.** Adaptive management and leadership means keeping an eagle eye on your goals and objectives, values and vision while also building an emotional intelligent, adaptive leadership and management style that is responsive and not reactive. Learn to circumvent the automatic fight or flight response by developing constructive discontent. Use it, build it, model it!

**10. Get out of Jurassic Park.** Positively adapt and model changes in your management and leadership style because change is not the obstacle, it is our greatest power. Send the message loud and clear that positive change is where it is at. Encourage learning, growth, collaboration and action! Remember that words make worlds. Change the way you talk to yourself and others, use words and messages that help you optimize, humanize and monetize potential.

**More On Building The Thriving Organization? You Betcha!**

**Enlightened Self Interest: Building a Resilient, Thriving Culture**

**From Now to HOW**

**The Individual and Organizational Imperative To Do Good**

**The Leadership Compendium**

**How To Improve Your Corporate Culture by Adriana Girdler**

**Ten Ways To Lead Forward In Times Of Complexity And Change**

**Winning The Race With Wolves**

**The Agile Leadership and Management Toolkit**

**Women and Leadership-A Post for Men and Women**

**Building The 3Q Leadership Skills You Need Now**

**Disrupt The Status Quo-Make The Critical Shift Forward**

**Constructive Discontent-Insights And Tips On Building A Critical Life and Leadership Skill**

**Meaningful Work-Building A Leadership and Management Must**

**Building An Agile Self and Team**

**Leadership and Enlightened Business | My Interview With Dr. Amit Nagpal**

## **Smart And Fast Are Not Enough | EQ Primer For Improved Communication, Leadership, Teambuilding**

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