

# Refocus, Recharge & Repower in 10 minutes or less!

1 post and 12 bonus links!

© Irene Becker, Chief Success Officer, Just Coach It-The 3Q  
Edge

*Helping smart people & organizations lead & communicate  
forward smarter, faster and happier*



**I believe in Cool Tools>> strategies/techniques that can be used quickly, effectively and almost anywhere; because, time is our most limited resource.** Using the time we have to build greater whole brain thinking, and 3Q Leadership™ ( Enhanced:

IQ-intelligence EQ-emotional mastery SQ-values alignment/spiritual quotient ) is more than my work, it is a personal and professional passion for helping smart people and organizations communicate & lead forward smarter, faster and happier.

**\*\*Whole brain thinking incorporates both the left and right sides of the brain.** The left side of the brain deals with linear and logical thought processes, whereas the right side of the brain controls the imagination, intuition, creativity. We were all trained to be linear thinkers, but it is critical to develop whole brain skills and strengths. Doing so can be fun and simple. Whole brain thinking is a critical leadership competency.

**Free Tips and Exercises You Can Do In 3 Minutes or less a**

## **Day. Simple, fast and free. Triple Bonus.**

- Identify the path (walking/driving) you prefer, then take a different one.
- In a similar vein in your personal life, experiment with taking one old habit every week and tossing it out the window or changing it.
- Walk down a street you are familiar with and search for something you have never seen or noticed before. The results will surprise you!
- Uplift your posture. There are few more powerful ways to raise and sustain energy than to ease your posture upward, which frees your breathing and raises your energy level.
- Stretch your Strengths by applying them in new ways.
- Try writing a few sentences in the reverse direction, or with your opposing hand.
- Embrace new experiences. Focus on learning from everything! What you focus on grows, and a positive focus on learning will expand your learning potential.
- Change at least one routine every day.
- Pause for 10 seconds before you respond. Taking your ego (need to be validated out of the equation and refocusing you your objective).
- Take charge of tension by releasing it, fast. Clench whatever part of your body is tense, and release it. Even better, do your whole body-clenching & releasing.

# **• Do The Pause. Yes, a mindfulness exercise that is transformative if practiced regularly**

- Sip ice water. Fluids move hormones into exactly the right places for sustaining energy, and those same fluids eliminate toxic wastes that can accumulate and wear you down.
- Move more. Inactivity is an unnatural state for us, and it limits energy production.
- Laugh more, smile more. Laughing gives your brain an aerobic workout, and is an excellent stress reliever and mood booster. Smiling automatically elevates our mood.
- Keep an emotional journal that is for your eyes only. A safe space on paper where you can write out your deepest emotions, releasing the tension associated with them.
- Take a 1 minute time out. Block out all stress or worries. Think about something that really makes you happy. Yes, take a happiness time out!

Enjoy the suggestions in this post. Try one or two on for size, and remember that trying a strategy or exercise means using it consistently for at least a week.

Training and coaching for greater whole brain skills is critical, and it will keep you on top of your game.

**More on 3Q Leadership™? You Betcha!**

**The Leadership Compendium**

**Ten Ways to Lead Forward in Times of Complexity and Change**

Top 2012 Posts Leadership, Communication, Career  
Men & Women Leading Forward | Building the 3Q Leadership  
Skills You Need NOW  
Make the Critical Shift FORWARD  
Build Constructive Discontent-New Ways to Optimize Potential  
Are Critical  
Enlightened Business & Results | 3Q Edge and R-E-A-C-H  
Leadership Means Building A Community of Purpose  
18 Word Success Formula  
The Secret to Personal Development  
The Pause-A 3 minute way to put your brain in that critical  
alpha state. Recharge-Refocus-Repurpose



I am committed to helping smart people and organizations  
communicate & LEAD FORWARD smarter, faster and happier

Irene Becker | Just Coach It-The 3Q Edge™

Executive Coaching, Consulting & Training with a 3Q Edge™ |  
Reach-Resonance-Results

*Face to face and/or virtually by telephone, video conferencing  
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# Lead Forward Training | Build the 3Q Leadership Skills YOU Need Now

**Lead Forward! Build the Leadership Skills YOU Need NOW!**

**Outline of recent interactive 3Q leadership training workshop**

**Project Management Institute (PMI) Durham Highlands Chapter**

***Read what people saying | Irene on Leadership | Video Clip  
About R-E-A-C-H™***

***Interview About Enlightened Business & Leadership***



**Who should attend?** Project/Program Managers and those interested in enhancing leadership skills/roles. PMPs will receive 7 PDUs | Non PMPs receive 7 contact hours



## **Training/Learning Objectives:**

Optimize-Humanize-Monetize With 3Q Edge™ and R-E-A-C-H™ Skills

- **Optimize:** Understand & Develop Your 3Q Leadership Edge™
- **Humanize:** Use strengths AND challenges to catalyze potential by building R-E-A-C-H™
- **Monetize:** Lead Forward: Build Your Leadership Strategy,

## 3Q Edge™ and R-E-A-C-H™ for smart results

### **Part One: OPTIMIZE**

#### **Optimize Potential By Developing YOUR 3Q Leadership EDGE™**

- What does effective (or agile) leadership really mean, and why is it so important?
- Leadership Styles: Determine your leadership style and understand the benefits and challenges/pitfalls of each leadership style.
- Building your 3Q Edge™: Optimizing YOUR potential by building three key “Q” strengths
- Including individual and group exercises, interaction and a cheat sheet of 3Q Edge™ Leadership Tips & Tools

### **Part Two: HUMANIZE**

#### **Build R-E-A-C-H™ ( Redirect Focus-Empower Confidence-Actualize Potential-Communicate Effectively-Harvest Results) Start using strengths and challenges to empower, engage & lead forward**

- Adapting, enhancing, improving your leadership style with R-E-A-C-H™
- The Best Practice Leader As Coach | Using strengths and challenges to empower & engage with R-E-A-C-H™
- The Best Practice Leader As Master Communicator | Developing effective communication in an arena of complexity, change and with diverse internal and external constituents
- Including individual and group exercises, interaction and a cheat sheet of R-E-A-C-H™ Tips & Tools

### **Part Three: MONETIZE**

#### **Develop YOUR Leadership Strategy, Incorporating Your 3Q Leadership Edge™ and R-E-A-C-H™ Skills For Smart Results**

- Understand and Set Your Purpose-Your Intention
- Own Your Leadership Strategy
- Turn Purpose/Intention and Training into Reality and Results
- Including individual and group exercises, interaction, and a cheat sheet of Leadership Strategy Tips & Tools

**• Mark Your Calendar February 2, 2013** | 8am-4pm | Centennial Building, 416 Centre Street, Whitby, ON (Regal Room)

**Register Online before Jan 27, 2013 at midnight**  
**[www.pmi-dhc.ca](http://www.pmi-dhc.ca)**

**For Inquiries contact [programs@pmi-dhc.ca](mailto:programs@pmi-dhc.ca)** (this is for questions about the program. All registrations are a MUST)

**Cost for this Event: \$250.00 PMI Member**

**\$300.00 all other participants**

**Registration is Limited. Please contact [programs@pmi-dhc.ca](mailto:programs@pmi-dhc.ca) to register before midnight Jan 27, 2012**

**(plus HST 86051 9131 RT0001)**

**• More information on Programs & Services. You Betcha! I go the distance for my clients face to face, by telephone, skype or video conferencing**

The Leadership Compendium

Ten Ways to Lead Forward in Times of Complexity and Change

Top 2012 Posts Leadership, Communication, Career

Men & Women Leading Forward | Building the 3Q Leadership Skills You Need NOW

Make the Critical Shift FORWARD

Build Constructive Discontent-New Ways to Optimize Potential

Are Critical



*Passionate about the integrity of my work and its ability to help changemakers LEAD change;*

*I am committed to helping smart people and organizations communicate & LEAD FORWARD smarter, faster and happier.*

*Irene Becker | Just Coach It*

*Executive Coaching, Consulting & Training with a 3Q Edge™ | Reach-Resonance-Results*

*Face to face and/or virtually by telephone, video conferencing or skype!*

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**Leadership                      Compendium:  
Leading Forward In the Face  
of Complexity, Change or  
Crisis**

# Leadership Compendium: Leading Forward in the Face of Complexity, Change or Crisis (Including 18 bonus links)

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)  
Reach-Resonance-Results  
3Q Leadership™ Blog- 27,000+ Social Media Followers & Growing!

*I believe in our power to use what is to create what can be in our lives and our organizations.*

*Read my story: Against All Odds. And most of all, LEAD Forward!*



## ►HOW? Shift your mindset

Seeing your strengths and challenges, stressors and turning points, even your most difficult transitions or crises with

new eyes that help YOU build your most important advantage, your 3Q Edge™. Yes, learning and unlearning faster and better than before. Making a pivotal shift in mindset that will help you learn and unlearn faster, develop improved whole brain thinking and embrace a new solution focused philosophy is critical to the reach, resonance and results you seek to achieve. *“ Leaders are made rather than born.” Warren Bennis*

## ►WHY? We must disrupt/change what no longer works. Innovation-Actualization-Optimization of Potential is Key

Go ahead and disrupt/change/transform what no longer works. Build a new and better relationship with changes that helps YOU optimize your potential and the potential of others. Our unsurpassed access to knowledge, information, technology and training alone cannot help us actualize and sustain greater leadership. Leadership means inspiring, motivating and leading the best in ourselves and others by using our strengths and challenges to build Q1: Whole Brain Thinking-Enhanced Creativity & Focus -IQ Q2-Empathy-Communication-Collaboration-EQ Q3-The courage, purpose and faith that drives our ability to serve the greatest good. SQ Helping clients build 3Q Leadership™ is what my work is all about *“Innovation distinguishes between a leader and a follower.” Steve Jobs*

## ►WHEN? NOW because the challenges you face will increase. Using them to lead forward is critical

Now, because leaders are innovators and pioneers who are ready to develop the 3Q™ strengths that drive passion, purpose, potential and leadership in the face of changes, challenges, stressors and crises. Developing our Q strengths is what leading well in the face of crisis is all about. *“The real source of wealth and capital in this new era is not material*

*things; it is the human mind, the human spirit, the human imagination, and our faith in the future.” Steve Forbes*

## More? YOU Betcha

Benefits of 3Q Leadership AND Why I Have Dedicated My Life To This Work

From Pain To GAIN: Ten 21st Century Leadership Lessons Learned

Winning The Silent War That Is Destroying People & Organizations From Inside Out

10 Practical Ways To Build Essential Success Skills At The Speed Of Change

Success At The Speed Of Change-Essential Strengths Building REACH + 3Q Leadership

Mission Critical: Championing, Enabling and Empowering Our Ability to Win

From Now to How

Women and Leadership: A Post for Women And Men

Ten Ways to Lead Forward in Times of Complexity and Change

The Individual and Organizational Imperative to DO Good in the World

The Agile Leadership and Management Toolbox

Building the 3Q Leadership Skills You Need NOW

Disrupt The Status Quo: Make the Critical Shift FORWARD

The New Leader

Winning the NEW War

Enlightened Business & Results | 3Q Edge and R-E-A-C-H

Leadership Means Building A Community of Purpose

Failing Forward-A Critical Leadership and Management Competency

Rising to the Challenges Before Us

The Pause-A 3 minute way to put your brain in that critical alpha state.

**Are you ready to go from Now to HOW? Time to get re-inspired?**  
**Click for a list of 2013 Programs, Services, Professional Fees**  
**I welcome the opportunity to discuss how I can be of service**  
**to you/your team!**

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**beckerirene**



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