

# Agile Management + Leadership Toolkit

## Agile Management and Leadership Toolkit *7 Important Steps | 7 Important Questions And... 9 Bonus Links*

© Irene Becker, Just Coach It-The 3Q Edge™ | (IQ-EQ-SQ)  
Reach-Resonance-Results  
3Q Leadership™ Blog- 26,000+ Social Media Followers & Growing!



## Seven Important Steps

**1. Understand the critical importance of developing a Community of Purpose.** Success will not be achieved alone; you need clients, constituents, stakeholders, direct reports and the social/digital influence/footprint that will help you, help your organization manage, lead and succeed forward **Click for more info on leadership and C of P**

**2. Develop Greater Self Awareness** Your community of purpose starts with the self-awareness that helps YOU lead forward at the speed of change, in the face of challenges. 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 others. Click for a short video explaining the importance of reach

**3. Increase your emotional intelligence,** build the self-awareness, awareness of others, emotional mastery and resilience that is critical to effective 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. Click here to self test your EQ

**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. Embrace and nurture your 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. The solution is often found in the midst of our greatest problem, challenge or stressors; seeing the solution means using your challenges, stressors in new ways that optimize your intelligence (IQ)

your emotional mastery (EQ) and the alignment with your highest purpose and values (SQ).

**6. Develop your 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). Understand what motivates, engages and drives 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. Build your verbal, written and social/digital communication skills and strengths.** Develop new ways, better ways of communicating verbally, emotionally, digitally/socially that bring out the best in others and give clarity to the message you want others to embrace. Realize that it is not what you say that matters; rather it is how you say is internalized or accepted by the recipient(s). The ability to transcend the emotional filters, cultural and emotional filters of others is real, and it starts when you are not only more self-aware, but trained and attuned to communicating with others in a way that entrenches the right message, maximum engagement and results.



## Seven Important Questions

1. What are the significant motivators/drivers in my career life?
2. What is the end game, the purpose for my job, my career? What do I really want to accomplish in the next two years and how will that fit into my game plan?
3. What do I need to do to develop my Community of Purpose? What actions can I take to build a strong Community of Purpose?
4. What skills, knowledge and experience, and behaviors do I need build to achieve my goals?
5. What steps do I need to take to gain greater influence,

engagement, better results?

6. What actions (which of the above seven steps) I am going to take now to achieve my goals?

7. What small but significant change in thinking or doing can I make today that will positively impact my ability to inspire the best in myself and/or others?

### **More on Agile Management and Leadership? You Betcha!**

The Thriving Organization-10 Powerful Steps Out of Jurassic Park

Building an Agile Self and Team

**The Leadership Compendium**

Optimize-Humanize-Monetize

A Great Team is the Sum of Its Parts

### **Great Read Review & Excerpts:**

Full Steam Ahead by Jesse Lyn Stoner and Ken Blanchard

The Power of Communication by Helio Fred Garcia

Business at the Speed of Now by John M Bernard

Managing with a Conscience by Frank Sonnenberg

**Is it time to REACH- Redirect-empower-actualize-communicate and harvest YOUR potential to lead forward? Get Executive Coaching, Training that Sticks? Enjoy an insightful and inspiring keynote?** Just Coach It. Helping smart people and organizations lead and communicate forward smarter, faster and happier is what my work is all about. Discover Executive Coaching, Consulting, Keynotes and Workshops with as 3Q Edge™



**Irene Becker, Chief Success Officer, Just Coach It-The 3Q**  
Edge™ Toronto and Virtually Everywhere | Face-Face, By Tel,  
Skype or Video Conferencing [www.justcoachit.com](http://www.justcoachit.com)  
Twitter @justcoachit Skype: beckerirene Tel: 1-416-671-4726  
Email: [irene@justcoachitcom](mailto:irene@justcoachitcom)

---

# The Happiness Compendium

## The Happiness Compendium | One Post & 12 Happy Links

*Helping smart people and organizations communicate and lead forward smarter, faster and happier is what I do best*

© **Irene Becker** | [www.justcoachit.com](http://www.justcoachit.com) | **3Q Leadership™ Blog**

Here are the facts you need to know: The World Health Organizations forecasts that stress will be the major cause of disability in the world by 2020 Science confirms that optimization of our intellectual potential, health and wellness start with priming our brain to be happy. Learning to get happier, taking time to have happy moments during the day, is critical to your health, your wellness, your potential, your work...your life.

## Emotional Gridlock or Happiness- Choose Wisely



**Time wasted, tempers flaring, tempus fugit. Traffic jam. Gridlock. We all know what that means...traffic has comes to a complete standstill. Frustrated drivers and passengers sit on the road in their vehicles, unable to move forward or backward. Sometimes they can see reason for the gridlock, often they cannot. Standstill. Imposed inertia. What does**

**gridlock have to do with happiness? Nothing and everything. Read on and find out.**

**Happiness is deceptively simply to achieve, and at the same time incredibly difficult to sustain** because it requires us to transform the way we think, to get rid of beliefs that no longer serve us, to move past gridlock. Happiness is about self imposed energy and positive movement. Emotional gridlock is all about self imposed inertia. Finding happiness is about embracing gratitude and reclaiming our power to move forward with the commitment to appreciate each moment more than the last. Gridlock is about being forced to stand still, to remain motionless, frustrated and held back.

**While physical gridlock will pass, emotional gridlock is a silent killer.** It is an invisible demon that slowly creeps crawls into our life and destroys our ability to be happy. It starts when we lose touch with who we are and what we want, it grows when we spend our days and nights dancing to another man's drummer. At its best, emotional gridlock will sap our creativity and innovation. At its worst, it will suck up every ounce of happiness we have, insidiously, invisibly, consistently until inertia touches every aspect of our lives.

**Moving past gridlock means having the tenacity and clarity to see past the blocks in the road, the personal traffic jams that we all face.** It means making a life decision to let go of all the negative emotions and limiting beliefs that block our creativity, our energy, and our joie de vivre. It means replacing road rage with faith, frustration with certainty, doubt with confidence and inertia with a passion to reclaim our dreams and our life.

**Moving past emotional gridlock is a war, a battle that we each face every moment, every day, in every way.** We can choose to be valiant warriors of joy and recognize that the greatest gridlock we face is not from other people, not from other cars, not from oncoming traffic, not from our work, our neighbors, our children, our colleagues, but from ourselves, from the fears that hold us back from being and doing all that



we can be. Get ready for battle, get ready to win. Make a list of the beliefs and thoughts that keep you in gridlock and start to throw them away with the courage that can set you free.

**More on Happiness? YOU Betcha**

**Too Busy to Get Happy? Think Again. 4 Ways to Kickstart Happiness**

**Ten Steps to a Happier More Successful You**

**Happiness 101**

**Get Happier Tip Sheet**

**True Power True Happiness**

**Get Back On Track When You Have Hit a Wall**

**The Quality of Your Work and Life Self Test**

**Are Your Ears Open?**

**Rediscover Your Genius**

**Step Up**

**Constructive Discontent**

**The Pause**

**Is it time to REACH- Redirect-empower-actualize-communicate and harvest YOUR potential to lead forward? Get Executive Coaching, Training that Sticks? Enjoy an insightful and inspiring keynote? Just Coach It. Helping smart people and organizations lead and communicate forward smarter, faster and happier is what my work is all about.**

**Discover Executive Coaching, Consulting, Keynotes and Workshops with as 3Q Edge™**



**Irene Becker, Chief Success Officer, Just Coach It-The 3Q Edge™ Toronto and Virtually Everywhere | Face-Face, By Tel, Skype or Video Conferencing**

[www.justcoachit.com](http://www.justcoachit.com) [Twitter @justcoachit](https://twitter.com/justcoachit) [Skype: beckerirene](https://www.skype.com/people/beckerirene)  
[Tel: 1-416-671-4726](tel:14166714726) [Email: irene@justcoachitcom](mailto:irene@justcoachitcom)

---

**Live and LEAD  
Forward>>Connect & Contribute**

**LIVE AND LEAD FORWARD>>CONNECT &  
CONTRIBUTE**

## The Coachable Moment by Irene Becker | A new post with smart cookies:) AND 13 BONUS Links!

*Helping smart people and organizations communicate and lead forward smarter, faster and happier is what I do best © Irene Becker | [www.justcoachit.com](http://www.justcoachit.com) | 3Q Leadership™ Blog*

Days, months and years come and go. We spend little time savoring our most irreplaceable and important asset, our time. We rush through our work, through our leisure time, through our relationships and even our most intimate moments. It is easier to rush, easier to hurry, than to pause and ask ourselves basic human questions about what we are doing and why.



Lead and Live Forward>Connect and Contribute

**We all share the same basic human need for connection and contribution. Connection and contribution not only make us feel good, they help us do good. Our ability to transform ME into WE, our ability to connect, collaborate and contribute is our greatest hope for the present and the future. It is the BIGGEST COOKIE in the cookie jar. In a world where ideas are the currency of success, our ability to connect and contribute, our ability to self empower and empower others will determine our ability to succeed.**

**Organizations will have to find new ways, better ways to develop empowerment, engagement, communication, collaboration. Individually and collectively it is our power to connect and contribute that can take us forward faster and happier.**

**What does all this mean? It means that in the midst of so much economic uncertainty, there is a primal and basic truth that remains. Our individual and collective power rests on our ability to connect and contribute. The ability to succeed lies in our acceptance of change as a metaphor for improvement and the current vortex of uncertainty and chaos as but a transformation point in our individual and collective history.**

**We all seek independence, but if in so doing we forget that we are interdependent we are destined for failure. Our greatest power as individuals and organizations lies not in our ability to stand apart, but in our ability to connect and contribute.**

**Connection and contribution begins when we commit to engaging our best self and our highest vision of who we can be. The imperative to build a Community of Purpose is not only great, it is critical. A community that starts with your ability, my ability, our ability to connect and contribute what really matters.**

**We cannot replace the day that has passed, the years that have gone. Wake up tomorrow and decide to engage your best self, to live your highest vision of what you can be and do. Pause and**

ask what you can contribute and who will we connect with today. Begin again now to live, lead and succeed to purpose by selecting the biggest cookie in the cookie jar; your ability to connect and contribute.

## **More on Purposeful Leadership and Living? YOU Betcha!**

Against All Odds | A True Story of Courage, Hope & Leadership

What Does Leadership Really Mean?

Leadership Means Developing a Community of Purpose

The 18 Word Success Formula

What is a Community of Purpose and Why Do YOU Need One?

Extraordinary Woman Interview

Success = The Reach and Resonance of the Human Heart

Meaningful Work>Building a Leadership and Management Must

Rising to the Challenge Before Us-Leading Forward

Self Test the Quality of Your Life and Career

The Secret to Peace and Prosperity

Our Greatest Hope

Interview About Coaching for Enlightened Business and Results

My Request: IF there are particular areas of leadership, communication, career development that interest you; please email me [irene@justcoachit.com](mailto:irene@justcoachit.com). It is my aim to provide outstanding services/programs and share great content that will help changemakers LEAD Forward!

**Is it time to REACH- Redirect-empower-actualize-communicate and harvest YOUR potential to lead forward? Get Executive**

**Coaching, Training that Sticks?**

**Enjoy an insightful and inspiring keynote?**

**Just Coach It. Discover Executive Coaching, Consulting,  
Keynotes and Workshops with as 3Q Edge™**



**Irene Becker, Chief Success Officer, Just Coach It-The 3Q  
Edge™ Toronto and Virtually Everywhere | Face-Face, By Tel,  
Skype or Video-Conferencing**

**[www.justcoachit.com](http://www.justcoachit.com) Twitter @justcoachit Skype:  
beckerirene Tel: 1-416-671-4726 Email:  
[irene@justcoachitcom](mailto:irene@justcoachitcom)**