

# Quadrant II Newsletter

Research shows that the difference between leaders who derail in their career and those that soar to great heights is social skills. Social skills appear in the second quadrant of Stephen R. Covey's Importance-Urgency matrix: social skills are important to a career but not urgent (Covey is author of the top-selling business book *The 7 Habits of Highly Effective People*). Quadrant II provides an opportunity for business and technical professionals to learn and try out new social skills based in science.

15Jan2019, author: Valerie Patrick, PhD, *The Key to Personal Growth*

## Quotable (*Key Message*)

A growth mindset primes people to put in the effort needed to learn and improve.

## Quantify (*The Science*)

Whether you are trying to lose weight or develop a new skill or capability, you will fall short without a growth mindset. A growth mindset is a pre-requisite to goal achievement. Dr. Carol Dweck, a psychology professor at Stanford University, has found that people with a growth mindset achieve more challenging goals by voluntarily putting in more effort than those without this mindset

([https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)).

## Qualify (*Put into Practice*)

To fuel a growth mindset for losing weight, try the following:

- Genuinely believe that weight loss is possible at any age and for any person with sustained effort (see <https://people.com/tag/half-their-size/> for some inspiration)
- Keep track of and praise yourself for your effort each day (i.e., reducing portion sizes, avoiding foods high in sugar, avoiding white flour, eating lean proteins, cooking your food rather than eating out, drinking lots of water, and doing cardiovascular exercise)
- Remember that it takes time for your brain and your body to adjust to new eating and exercising regimens so be patient in tracking how your weight responds to what you eat and the amount you exercise
- Learn from your records of your eating, exercising and weight about what is and is not working for you and be flexible to change your eating and exercising plans over time based on sound research to meet and maintain your goal

I started watching and recording what I was eating, my exercise, and my weight each day 4 years ago. My initial inspiration was feeling better. By adopting a growth mindset towards weight loss with the above steps, I have reached and maintained my goal weight for the last year and I feel like a much younger version of myself!

## Quip (*Fun*)



You can't exercise away bad eating habits (i.e., eating too much, eating junk food and eating fast food).

## Quest (*Resources*)

Sometimes competition engages others and sometimes not. Discover how to use competition as a strategy to increase performance and engagement here: <http://fulcrumconnection.com/blog/competition-strategy-engage-others/>).

Reminder: The 12 worksheets for the gender challenge are due by this Friday January 18<sup>th</sup>, 2019 in order to receive the bonus content. Questions welcome to Valerie at [valerie.patrick@fulcrumconnection.com](mailto:valerie.patrick@fulcrumconnection.com).

### About Fulcrum Connection LLC

Fulcrum Connection specializes in instructional design, training, speaking, facilitation and consulting to develop skills in leadership, innovation, sustainability, troubleshooting teamwork, and managing technical professionals.