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Stuck in Success: Excelling in love versus dysfunction in chaos

By *Forbes Belgium* 5th of September 2025



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In Stuck in Success, high-performance coach Ilse Jaques confronts the truths that even the most accomplished leaders cannot escape. Known as the secret agent for the 1%, she partners only with a select few exceptional leaders who refuse mediocrity and demand radical growth. Her mission is not incremental improvement but irreversible transformation. In her world, success has no ceiling. Excellence is not a gift; it is a state of being, an uncompromising stance, the mark of those who lead fearlessly.

Love and leadership: A relentless mirror

Love, in its most authentic form, is never comfortable. It strips away illusions, pushes leaders beyond the safety of routine, and exposes — often mercilessly — where growth must occur. Who you are at your deepest core is how you show up in every decision, in every interaction, in every aspect of life. A powerful relationship is not a pleasant add-on; it is a force multiplier. It unlocks energy, sharpens clarity, and becomes the invisible driver of sustained excellence. The depth of your relationships dictates the altitude of your success.

But the reverse is also true. Ambitious leaders operate under constant pressure, evolving alongside their organizations, navigating barriers that test their endurance. Growth and investment often come at a personal cost: relationships that fray, partners who feel abandoned, homes haunted

by mental absence. Success, misinterpreted as safety, can morph into control or protective, manipulative behaviors that suffocate connection. What remains is not relationship but illusion, not intimacy but strategy.



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The pitfalls that derail true connection

One of the greatest misconceptions is that a relationship should feel good, most of the time. Comfort is not the point. Strength is forged in the difficult conversations, in honesty untempered by convenience, in the willingness to reflect truths no one else dares to speak. Yet our culture rewards comfort, not courage. We avoid confrontation and call it peace. But without truth, there is no growth.

The purpose of a relationship is never suffering, but a shared commitment to each other's well-being. Passion disguised as chaos is not love. It is dysfunction in costume. It exhausts, depletes, and romanticizes instability. Emotional turbulence is not intensity. Real partnership offers calm dialogue, mutual respect, deep understanding. It is not a battlefield where you fight to survive, but a sanctuary where you return to strength.

Coaching leaders toward radical relationships

Ilse Jaques' work begins at the level where transformation cannot be faked: mindset. She teaches leaders to separate thoughts from threats, to reclaim mastery over the narratives that sabotage them. Through rigorous practice, repetition, and consistency, they anchor new patterns; disciplines that hold both in the boardroom and in the intimacy of home.

Her approach is unapologetically deep. Leadership cannot be compartmentalized; the same mind that builds organizations builds (or destroys) relationships. To shift one without the other is impossible. Transformation at the core creates alignment everywhere.

The non-negotiable truth

Life will not play fair. Injustice, betrayal, failure—they are inevitable. At some point, you will be wronged. The only antidote is strength: to become unbreakable, and to cultivate relationships that are equally resilient. Fulfillment does not come to those who avoid the challenge, but to those who embrace it relentlessly. Growth is not optional; it is the price of ultimate freedom.



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