

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

April 2020

Hello Subscriber,

I hope this newsletter finds you and all those you care about healthy and safe. Have you noticed how many of the emails we receive start the same way? Globally, we are all in the same boat and facing a common enemy, perhaps for the first time.

Last month, this newsletter focused on ways to regain our footing after “the world turned upside down”. This month, we’re in a new place – one where grief and resilience can co-exist. Personally, it feels like a Venn diagram with at least two overlapping circles. They’re both always there.

The HBR article we’ve highlighted in our ‘Great Books’ section this month really hit the nail on the head with the title “That Discomfort You Feel is Grief”. Yet beyond the 5 Stages of Grief identified by Elisabeth Kubler Ross, there is a 6th: Finding Meaning. Moving beyond acceptance to meaning requires resilience.

I want to acknowledge that this pandemic is affecting each of us in different ways, and that I have no real understanding of what you may be going through right now. As an ICF Master Certified Coach, I’ve volunteered to provide free supportive coaching sessions to those on the front line right now. Although I can’t imagine what it’s like to be in their shoes, I can be their safe space and confidential sounding board as they verbalize their grief and seek their resilience.

In the same way, I want you to know that my Enerpace team is ready to serve you, whenever you are ready. If you need us now, please call or email any of our team - we are ready. If you need us in the future, we will be ready. If you need us in an entirely new way, we will do everything we can to get ready. You can always reach us at 630-832-4399 or at www.enerpace.com/contact-us/.

Wishing you health, safety and resilience –

Elene



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Vincent Van Gogh

[Enerpace Website](#)

Upcoming Events

1. The first week of May is International Coaching Week 2020!

Everyday, the Enerpace team is reminded why we chose this wonderful career. And each year, we can celebrate it with other coaches and clients who share the many benefits of coaching.

Thank you to all our clients for allowing us to do something we love!

I ♥ Coaching

THE COACHING
TOOLS COMPANY.COM

2. Enerpace and other ICF-certified coaches are offering "supportive conversations" for front line workers through [Covid Connectors 2020](#). It's a way to say "thank you" and to help those who may need to talk.

If you are a front line worker and want to talk, let us know. Please click below and learn what this program is all about.

[Find Out More](#)



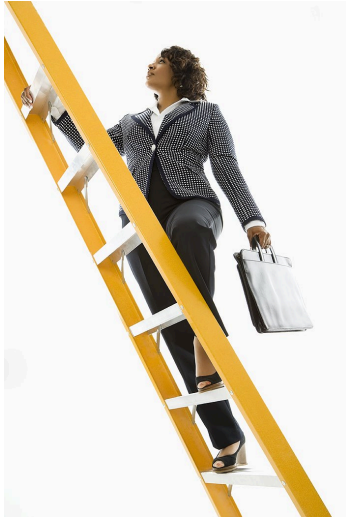
Leadership Learnings

Lead Your Business Through the Coronavirus Crisis

Martin Reeves, Nikolaus Lang and Philipp Carlsson-Szlezak, *Harvard Business Review*

It's a challenging time to be a leader, yet we need great leaders now more than ever. These 12 precepts will guide you as you respond, communicate and adapt to a business landscape that changes daily!

[Find Out More](#)



Career Management Corner

How you can find a job during the COVID-19 crisis

Jeff Berger, *Fast Company*

We never could have predicted the number of folks who would find themselves unemployed a result of this virus. Here are some tips to help guide you through the job hunting process during this unprecedented time.

[Find Out More](#)



Business Building Blocks

Having Down Time? 13 Ways to Stay Productive and Keep Selling

PayPal Blog, *PayPal*

The needs of our customers have changed. Some great ideas to adjust our businesses and become more innovative to meet those needs.

[Find Out More](#)



Enerpace News

1. Need some guidance on "Keeping Spirits Up During a Stay at Home Order"? Then check out the suggestions from the Professional Women's Club of Chicago (PWCC). Enerpace contributed as well!

[Find Out More](#)

2. When Elene originally contributed to this article, time management was a bigger issue. Now, many of us have much more time, yet many things take longer to get done. And, at some point, we know we'll return to a new "normal" level of busyness.

Read *Time Management Skills: Never Too Early or Too Late* - Enerpace is featured as #6!

Find Out More



Enerpace Expert

What Makes a Resilient Leader

George Klemp, Cambria

With all the uncertainty these days, resiliency is key to dealing with future events. Read on for insight into becoming a more agile leader who can adapt to change!

Find Out More



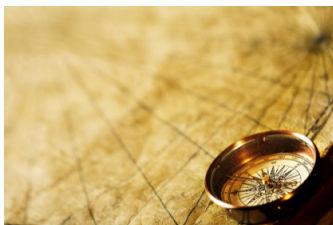
Cool Tools

Grief.com

Grief.com

This tool, the website mentioned in the article [That Discomfort You're Feeling is Grief](#), offers lots of free resources to help us process the emotions we're all living with to some extent right now.

Find Out More



Great Books

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

by Elisabeth Kubler-Ross

Finding Meaning: The Sixth Stage of Grief

by David Kessler

In the Harvard Business Review article, [That Discomfort You're Feeling is Grief](#), by Scott Berinato, these two books are highlighted.

We at Enerpace are wishing you strength as you both grieve and find meaning & resilience!

On Grief and Grieving

Finding Meaning



Quotes You Can Use

Let us keep courage and try to be patient and gentle.

Vincent Van Gogh (1853 - 1890)

Dutch Post-Impressionist Painter

Ready to learn more?

Go to www.enerpace.com to request

a complimentary coaching consultation!

Questions? Contact us today 1-630-832-4399



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