

The Enerpace PaceSetter

News as Individual as YOU Are



April, 2012
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Dear Subscriber,

To survive in this fast-paced world, we all have trained our brains to unconsciously move from almost any stimulus to a "preprogrammed" response. It's very efficient. The tool of coaching helps us take a look at those responses, and make sure they are congruent with our goals, values and life plans. In fact, I often say that coaching is 90% about creating awareness so you can make a conscious choice!

The topic this month came to me as I realized I was already getting stressed out at the prospect of having to keep my 8 year old daughter entertained, intellectually stimulated and most of all safe this summer! So this working mom took a step back and asked "How do I want this summer to be with Maria?" I realized that my ideal would be to spend time enjoying her and the weather...AND that I very definitely did NOT want to do this 100% of the time! :-) That led me to create a 'perfectly imperfect' mix of programs that will keep her engaged, and a schedule that gives me some afternoons off we can spend together.

So this month, we've selected articles to stimulate your thinking and create the awareness that will help YOU make conscious choices. How well are you living your values professionally? Are you being treated with respect at work? What plans have you made to exit your business eventually? How do you want to spend the summer? All of these are areas where we can be proactive, instead of reactive!

We are never truly stuck in any situation. Even if we can't change it, we can change our perspective - - how we are BEING in the situation. Are we victims subject to the whims of fate, our boss, our family? Or are we the hero of our life story, consciously choosing what lemonade we will make from the lemons we've been handed or what piece of jewelry from the diamonds we've unearthed?

Here's to the power of conscious choice!

Elene

p.s. Make YOUR conscious choice to move from reactive to proactive by calling us at 630-832-4399!

Leadership Learnings - 7 Ways to Get More Value from Your Values - Ken Kaufman, openforum.com

Are you following your true values in your professional life? Have you actually taken the time to think about what your values are? Do your firm's values align with your own?

In coaching, your values are not necessarily the same as your religion or even your ethics. They are what makes you YOU and what you need to have in your life to be your best. As a leader, your company will run much smoother if your values are evident in everything you do.

When you make a conscious choice to live your values more fully professionally, this article will help you do so!

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Upcoming Events

(All Listed in Central Time)

Introduction to Coaching Skills for Leaders -
Thur. 5/3/12 at 6 p.m.
[Details](#)

Weed & Feed - Real World Applications of the 80/20 Rule -
Webinar, Fri. 5/4/12 @ 12 p.m.
[Details](#)

Does Leadership Really Have a Gender?-
Webinar, Fri. 10/5/12 @ 12 p.m.
[Details](#)



Career Management Corner - *The Employees' Bill of Rights* - Liz Ryan, businessweek.com

Legally, employees in the United States really don't have that many rights. In employment at will states, you can be fired for any reason as long as it's not discriminatory against a protected class.

As employees, we DO get to make a conscious choice about where we work. And as employers, we DO get to choose how we treat people.

This article provides some very basic company policies to follow to ensure that you are treating one of your most valuable assets in a dignified way. Common sense? Yes. Yet sadly, missing in many workplaces today.

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Business Building Blocks- *Prepare Your Exit Strategy Now - Just in Case* - Karl Stark and Bill Stewart, inc.com

We know you're so busy running your business here and now that you probably don't take the time to think about how to get out of it when the time is right. Waiting until you are ready to sell is too late. Here are 4 key steps to help you consciously choose how and when you want to leave.



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Enerpace News

Media Mentions:

Choose to test your offering before rolling it out to the public! Our idea is featured at # 17 in "Simple Ways to Test a Product or Idea" - toiletpaperentrepreneur.com

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Enerpace Experts - *The Guilt-Free Coach: Top 10 No Cost/Low Cost Summer Fun Ideas* - Victoria Cook, TheGuiltFreeCoach.com

Don't waste the upcoming precious summer months! You can sit down and consciously decide how you want your summer to be? Want to get away one weekend per month? Schedule it NOW or it won't happen! Check out these great summer ideas to spend more time relaxing and having fun!

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Cool Tools - Sales & Marketing White Papers, Podcasts and Free Downloads

No matter WHAT you consciously decide to do, there's probably a resource here to support you! It features free white papers and technical information in useful areas like career, business, marketing and more!

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Great Books - *The Fifth Discipline: The Art And Practice of the Learning Organization* - Peter M. Senge

A classic! Great book to help us look at the bigger "system" when solving any problem.

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The Fifth Discipline Fieldbook: Strategies and Tools for Building a Learning Organization - Peter M. Senge, et al

The companion guide aids in operationalizing and implementing the wisdom of systems thinking.

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Quotes You Can Use

"We are not permitted to choose the frame of our destiny. But what we put into it is ours." - Dag Hammarskjold, Swedish Diplomat, Economist, and Nobel Prize Winner

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