

# The Enerpace PaceSetter

News as Individual as YOU are!

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April/May 2018

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Hello Subscriber,

Did you miss us? :-)

Since 2009, we've proudly published our newsletter just about every month without fail. That's the power of habits – the good ones stick just as tightly as bad ones! Yet last month was so out of the ordinary, I decided this was one habit we'd need to skip in April.

It's actually ironic, given that on April 10th, I'd heard Andrew Sykes speak. He's the founder of Habits at Work, a firm which identifies which habits help managers show up differently, positively impacting team results and company growth.

Andrew believes habits ARE our destiny because what we do influences who we become. (You can read about Andrew's own journey in our [Enerpace Expert](#) section which features him this month.) He's identified pivotal habits that raise all the others- - in fact, our people's good habits can become our company's greatest asset!

Habits at Work focuses on the 4 contexts which influence people's actions: systems, social, spaces and self. Like water in a fishbowl, if we design what surrounds our people through these 4 contexts, we can influence actions even without being physically present.

Here's a simple example: we know movement is important for our productivity, thinking clarity and overall health. At Andrew's offices, once an hour a signal is given that alerts everyone to stop for 2

## In This Issue

### [Leadership Learnings](#)

Addicted to Being Right!

### [Career Management Corner](#)

Help Accelerate Your Presentation Skills With These 7 Performance Tips

### [Business Building Blocks](#)

6 Cool Ways to Save Taxes during the Hot Summer Months

## [Enerpace News](#)

### [Enerpace Expert](#)

Andrew Sykes

### [Cool Tools](#)

HALT: This mindfulness habit will strengthen your willpower, help you make better decisions and make practicing habits easier

### [Great Books](#)

### [Quotes You Can Use](#)

## Upcoming Events

minutes and just move. Even during his presentation to our group, when the signal went off we all stood up, stretched, walked and moved. The result? We returned to his presentation with better attention and greater energy!

What habit would you like to create to enjoy the summer months? How can you use the 4 contexts to support your success?

Happy Summer!

Elene

### **Enerpace Leadership Quiz**

Let Enerpace help you create some positive habits as a leader!

Take our easy, five minute leadership quiz! Are you an Emerging Leader, a Middle Leader, or a Senior Leader?

Enerpace will provide a path to get you to the next leadership level!

[Find Out More](#)

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## **Leadership Learnings**

### **Addicted to Being Right!**

Judith E. Glaser, *Psychology Today*



Addictions are unhealthy habits we're unable to stop. Here's one many leaders struggle with.

And, the exercises to change this habit

involve practicing your Emotional Intelligence!

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[Back to Top](#)

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## **Career Management Corner**

### **Help Accelerate Your Presentation Skills With These 7 Performance Tips**

Erika Napoletano, *OPEN Forum*

Take advantage of these good presentation habits so you always present yourself and your company in the best possible light.



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[Back to Top](#)

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## **Business Building Blocks**

### **6 Cool Ways to Save Taxes during the Hot Summer Months**

Lauzen Payroll + Workforce Management Solution, *Check Point Marketing*

Create some positive habits over the summer with these suggestions!



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[Back to Top](#)

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## Enerpace News

1. There are other things to consider besides salary when considering a new job. Read "*Executives, don't forget to negotiate these 4 things into your next job offer*" and learn what Enerpace has to say on the subject!

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[Back to Top](#)

2. Read Enerpace's contribution to "*100+ of the Best, Most Inspirational Leadership Quotes*".

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[Back to Top](#)

3. How do you ask for a raise? Always a difficult question! Enerpace and 11 others offer tips in the article "*How to Ask for a Raise*".

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[Back to Top](#)

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## Enerpace Expert

### **How I redesigned the contexts of my life to change a habit (and how you can learn from my success)**

Andrew Sykes, *Habits at Work*



I'm sure we can all relate to Andrew's story to attempt to change a habit that has become a part of who you are as a person.

Hope you can learn from his

experience!

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[Back To Top](#)

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## Cool Tools

**HALT: This mindfulness habit will strengthen your willpower, help you**

## make better decisions and make practicing habits easier

Breean Miller, *Habits at Work*

Here's a tool recommended by 12 Step Programs and positive habits experts too!



The HALT acronym is very powerful in creating Leadership Resilience and giving us access to our Emotional Intelligence and Empathy.

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[Back To Top](#)

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## Great Books

### ***Essentialism: The Disciplined Pursuit of Less***

by Greg McKeown



A quick summer read you can tackle in pieces to help you adjust your habits and create new behaviors.

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[Back To Top](#)

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## Quotes You Can Use

*"Quality is not an act, it is a habit."*

Aristotle (384-322 BC)  
Greek Philosopher and Scientist

[Back To Top](#)

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