

The Enerpace PaceSetter

April 2024 - Meaning & Choice



The Only Way to Elevate Your Company is to Elevate Your People

Hello Subscriber,

One of the gifts of the work I do is the opportunity to learn from lots of really smart people, across all types of industries and disciplines. I learn from my clients, and I learn from other leaders in the field. One of whom is Rick Tamlyn.

When You Change Your Perspective, You Change Your Result

I've had the opportunity to be trained and coached by Rick several times, and I read his weekly blog without fail. Back in February, he wrote about rescuing a dog, Abby, from a shelter and giving her everything and anything ... yet every day when he came home, he found Abby had urinated on the rug. Rick eventually recognized that he saw this dog as a hot mess that needed saving. When Rick decided to hold Abby as saved and perfect instead, she began behaving that way and the rugs were saved!

There are certain models and tools I use with my clients and myself regularly – because they work! One of the most life changing is recognizing that we're never truly stuck. Even if there's nothing we can DO, we can be in choice about our perspective & how we're BEing in the situation. That's what Rick did.

Additionally, the emotional intelligence tool, the "Alphabet Model", has shown me that it's not the Action itself that causes a response, it's what we Believe about what happened that creates the Consequence. And, as Rick says in the quote below, "Meaning is a choice".

The Power of Seeking the Other Viewpoint

Recently, I was deeply hurt by what I saw as a dear friend's lies of omission, which left me feeling excluded from some important events. When we talked it through, I learned my beliefs didn't

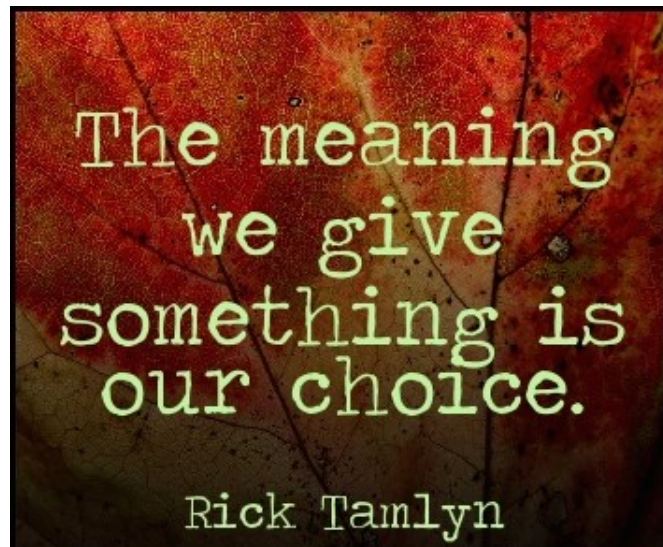
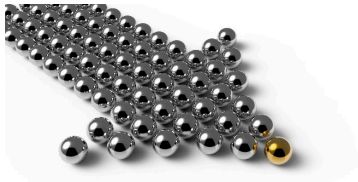
match her intentions or her perception of the actions. With this information, I was able to choose another meaning for what transpired. Did it make it all ok? No, but it makes it hurt less and we can move forward. In her wise words, "With family, you get past it and move on". That's a powerful choice, and way of being, in a mutually painful situation.

In working with Leadership Teams, I often suggest that they 'presume positive intent'. High-performing teams are built on trust. If you see your teammates as out to get you, incompetent, or tunnel-visioned, trust is out the window and alignment is impossible.

Instead, ask yourself what other explanations are possible. If they too want what's best for the company and team, what would explain their actions? Can't come up with anything? Ask them! Try something like "I know you want what's best for the business, so help me understand how this position moves us forward".

Change the belief and you change the meaning. We're all works-in-progress!

Elene



Thought Leader, Experiential Keynote Speaker, Author, MCC Coach, Founder of It's All Made Up, and Co-Creator of "The Bigger Game"



Leadership Learnings

How Taking One Day Off Helped Me to Discover 9 Leadership Insights

Rick Tamlyn, *Rick Tamlyn Blog*

There are 9 important reminders in this blog for us. However, the real learning is the way Rick is able to be present in the moment AND find the broader connections to business, leadership and life. Want to become an exceptional leader? Upping your game to recognize and utilize these types of reflections is key!

[Read More](#)



Business Building Blocks

Discover Your Reps to Being Found

Rick Tamlyn, *Rick Tamlyn YouTube Channel*

Our businesses need attentions and "reps", just like our bodies. Whether it's making progress towards a goal, or running an effective team meeting, best practices require repetition to become a habit. It's one of the ways we create exceptional leaders, teams and companies!

[Read More](#)



Upcoming Events & Enerpace News

Just in case you didn't know, Enerpace has a presence on LinkedIn, Facebook, and Pinterest. In addition, we have a blog on our website.

We offer interesting articles about leadership, share our insight on business topics, show what Enerpace values, teach more about our fabulous coaches, give Enerpace offerings and so much more.

We know that to become exceptional companies, you need exceptional leaders and teams! That's what we do and what we share on our social media platforms. So follow us! The links are at the end of this newsletter.



Enerpace Expert

I believe we all want more

Rick Tamlyn, *The Bigger Game*

Rick Tamlyn is all about helping folks play a "Bigger Game" and get our best selves and our best work out into the world. Here are 2 best practices to use daily in order to make it a reality.

The 2nd one is a game changer – focusing on what we DO know, instead of what we don't!

[Read More](#)

Great Books

Play Your Bigger Game: 9 Minutes to Learn, a Lifetime to Live

by Rick Tamlyn

The "game board" may remind you of tic tac toe, but the tool is actually very powerful and very freeing. It demonstrates that playing our 'Bigger Game' is not linear. We need allies and retreats to our comfort zone. We're going to have "gulp" moments. Knowing this is all normal helps keep us out of inertia and moving towards our most fulfilling life.

[Read More](#)

The Only Way to Create an Exceptional Company is By Elevating Your Leaders and Teams. That's What We Do.

We have Solutions for Individual Leaders, Teams & Entire Companies

Go to [Enerpace.com](https://enerpace.com) to request a complimentary consultation or contact us at

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