

# The Enerpace PaceSetter

April 2022: Motivation



## We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

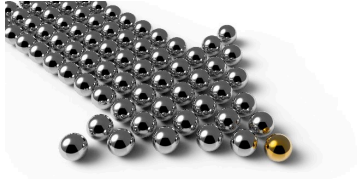
I've had the privilege of working with a lot of amazing people to achieve some really impressive goals. Along the way, I became fascinated by what makes these high achievers tick. Where do they get the motivation to keep striving when the going gets tough and the competition is fierce? What's the secret that propels some to the C-suite, while others get stuck on the corporate ladder? Taken to an extreme, what enables some to survive the worst traumas, or the most inconceivable horrors and challenges?

Reading the book "Breaking Through a Cracked Foundation" by Enerpace's own Dr. Candace Goodwin, I found out I've had the answer right in front of me all along.

When we use the term 'perspective' in coaching, we're not talking about your opinion. We're talking about your way of BEING in a situation. Do you show up as the expert, the victim, the savior... or Scooby Doo? Those are all possible perspectives, IF they're authentically true for you in that instance.

What keeps true leaders and heroines like Candace motivated to break through each obstacle faced? It's not a difference in what they're DOING. It's a difference in how they're BEING. They know we are never truly, permanently stuck. Because even when there's nothing we can do, we CAN still choose our perspective. Candace chose to BE a woman who lives and trusts in her faith, no matter what. A woman who knew that education was her way forward and that her family and friends are her most precious jewels.

I'm so honored to have someone like her in my life, both personally and professionally! Who do you have in your life that motivates and inspires you? What a wonderful world it would be if we could all BE like them!



**"The last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."**

Viktor Frankl (1905 - 1997)

Austrian Neurologist, Psychiatrist & Holocaust Survivor



## Leadership Learnings

### What Maslow's Hierarchy Won't Tell You About Motivation

Susan Fowler, *Harvard Business Review*

Although Maslow gets all the credit, there are actually 3 universal psychological needs that drive human motivation. Interestingly enough, all 3 are found in the SCARF model we use daily with our clients - - see the article to the right for more!

[Read More](#)



## Business Building Blocks

### 5 Ways to Spark (or Destroy) Your Employees' Motivation

NeuroLeadership Institute, *Your Brain at Work*

When one of the categories in the SCARF® Model is triggered, we move away from a perceived threat. Conversely, our knowledge of this model can be used to help bring folks towards us too. This is very necessary to be motivated into action and helps influence folks to our point of view!

Read on to understand the SCARF model to increase your effectiveness - even if you don't have employees!

[Read More](#)



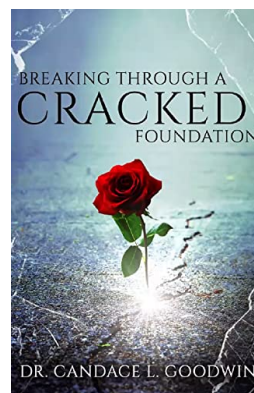
## Upcoming Events & Enerpace News

On Sunday, April 24th, we had the opportunity to celebrate Dr. Candace Goodwin's Book Launch with her family, friends and co-workers. Everyone acknowledged Candace for showing it's possible to journey through trauma and arrive healthy and successful on the other side.

To learn more about getting through challenges with perseverance and faith, read Candace's book, *Breaking Through A Cracked Foundation* - which is also featured in our 'Great Books' section below!

Breaking Through A Cracked Foundation

Did you know that May is *Get Caught Reading* month? Elene is sharing a list of books she's read, applied, recommended and even gifted to clients! Check out Enerpace's daily social media posts throughout May -- a new book each weekday! The links to follow us are at the end of this newsletter.



### Enerpace Expert

#### 5 Better Ways to Get Stuff Done, According to the Science of Motivation

Next Big Idea Club, *Fast Company*

We all have to "Get Stuff Done" - - - and usually we have more 'stuff' than time to do it! Each technique is based on actual research on

### Great Books

#### Breaking Through A Cracked Foundation by Dr. Candace L. Goodwin

We are SO proud to celebrate with Dr. Candace Goodwin who has published her first book!

We've admired and valued her many contributions to the Enerpace core team over

motivation. Applying even 1 of them can improve your results AND your enjoyment of the task!

the past 5 years, but seeing the many challenges she overcame in her life has given us a new lens into her strength and wisdom. Candace was able to find the motivation to persevere through tragedy and abuse.

In this book, she shares the blessings and learnings she's found even in horrifically difficult situations, providing lessons and grace we can all learn from. Congratulations Candace!

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