

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

April 2021

Hello Subscriber,

Are you ready for re-entry? Does the thought of hugging a friend, going back to work or flying on a plane fill you with excitement, dread or something in between?

If you're feeling anxious about it, please don't beat yourself up. You're DEFINITELY not alone! It's really normal, and even very common, to feel the entire spectrum of emotions. Maybe you can't wait to hug your friends but your heart starts racing at even the idea of being on a crowded plane.

In fact, I'm predicting traffic jams will be even worse than they were pre-pandemic. Folks I talk to seem to still feel uncomfortable with shared transportation options and prefer to drive whenever possible. Understandable.

For more than a year, staying away from other people as much as possible has been a matter of life or death. It's awfully hard to "get over" the sense that any human we don't live with is an actual threat to our very life.

I've written here before about the reality that every human on the planet has been operating from our reptilian brain and in a perpetual threat state to some degree. Considering our unconscious mind picks up on possible threats in 1/20 of a SECOND, it's going to be pretty damn hard to just shut that off.

So what we're offering you this month are some different perspectives. Some best practices. Some ideas to focus on those things we CAN control, which will help our poor brains realize they can start turning down that threat response a bit.

Know what is in your control that will REALLY help us all? The entire globe? Get vaccinated. NOW! They're available everywhere. No excuses. Otherwise we won't reach herd immunity and this thing will just keep mutating and killing more people we love.

Ask your doctor about it please - not the news or social media. Get the real medical facts.

Do it for your kids and grandkids, parents and grandparents. Do it to be able to actually celebrate Thanksgiving with loved ones again this year.

Not too proud to beg-

Elene



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[Enerpace Website](#)

Our website is new!

Upcoming Events



We've received several requests lately for DEI (Diversity, Equity & Inclusion) training & workshops. You can see our offerings on the Enerpace website under Speaking and Workshops. And, we customize these for your specific needs!

[DEI Training and Workshops](#)

If you haven't checked out our new, updated Enerpace website, take a look now. It's live and ready to use!

Looking for insights into a specific professional topic? Our blogs and past PaceSetter newsletters are all there for you as a resource 24X7!

Over the years, we've developed more ways beyond coaching that we can work with you. Solutions are available at the Individual, Team and Company levels.

Take a look at our website - then contact us to help you tailor a faster path to your 2nd quarter goals!

[Our New Enerpace Website](#)



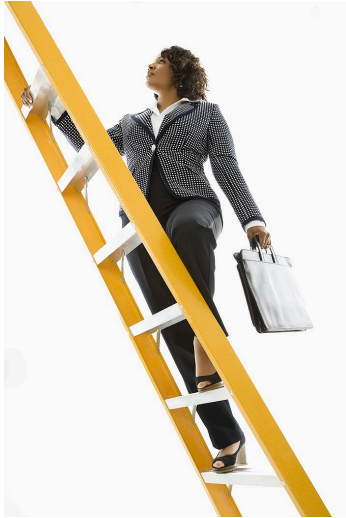
Leadership Learnings

Build team inclusivity and belonging with a few small steps

Sheela Subramanian, *future forum*

It's been a 14 months and many folks have been working from home all this time. How can you make sure everyone on your team feels connected and included? This article shows it doesn't need to be expensive or difficult.

[Find Out More](#)



Career Management Corner

Reentry Anxiety: 7 Ways to Deal With Stress About Post-Pandemic Life
Anushree Dave, *SELF*

Is your anxiety about re-entering our "new normal" greater than your excitement to be with people again? You're not alone!

This article can help as you re-enter your workplace, gym, family gatherings or even your grocery store!

[Find Out More](#)



Business Building Blocks

The next normal arrives: Trends that will define 2021—and beyond
Kevin Sneader and Shubham Singhal, *McKinsey and Co.*

What will the future look like? Businesses need to see around corners a bit to be able to plan.

At Enerpace, we work with companies on leadership agility so they're ready no matter what lies ahead. McKinsey's research outlines the many post-Covid consumer and economic changes that will affect our businesses.

[Find Out More](#)



Enerpace News

So many jobs were lost during the pandemic. Now folks are faced with breaking back into the workforce.

Enerpace offers some helpful ideas in this article, "*How to Best Answer 'What Are Your Strengths?' in a Job Interview*".

[Find Out More](#)

Elene and other experts offer advice on managing your time in this article, "*Time Management Skills: Never Too Early or Too Late*".

Find Out More

As we re-enter into the new 'normal' do you need help regaining your focus? Our **Leadership Crisis Response Solutions** may be the answer. Does it feel like your team has been driving 200 mph lately? Bring them together for a virtual "pit stop" and get realigned!

Do YOU need a confidential sounding board, access to best practices and an Executive Mentor to help you prioritize and strategize? We've created "Just-in-Time Focus Sessions" for that exact purpose. Contact us for a complimentary "laser coaching" session and get results even while meeting your coach.

Learn to stay effective and efficient during this rapidly changing time. There's no long-term contract or commitment, so give yourself and your team the opportunity to take a breath, align, refocus and move forward.

Click the button below for more details, or contact Enerpace at #630-832-4399, at mail@enerpace.com or through our [Enerpace website](#).

Leadership Crisis Response Solutions



Enerpace Expert

When you're not quite ready to enter the dating world...

Maria Spears, maria-spears.com

Another casualty of Covid - dating! This expert provides tips on taking care of yourself and re-entering the dating world.

Find Out More



Cool Tools

Progressive Energy Field Tapping

Maria Spears, maria-spears.com

Take advantage of this very simple tool to help you deal with the stress in your life - especially as you re-enter all of the activities and places you put on hold during Covid.

Tapping combines effective practices from acupressure, visualization and breath work. You'll be surprised at how well this technique works on any stress or anxiety you may be feeling!

Find Out More



Great Books

Detox Your Thoughts: Quit Negative Self-Talk for Good and Discover the Life You've Always Wanted

by Andrea Bonior PhD

As you re-enter more fully into life, avoid these 10 mental traps that can only lead to toxicity!

[Find Out More](#)



Quotes You Can Use

"Comfort provides a floor but also a ceiling."

Trevor Noah (1984 -) - South African Comedian, Television Host, Producer, Writer, Political Commentator, and Actor.

Ready to learn more?

Go to www.enerpace.com to request

a complimentary consultation!

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



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