

# The Enerpace PaceSetter

News as Individual as YOU are!

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**August 2017**

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Dear Subscriber,

My clients often hear me say “as my best friend says...” or “as my first boss at Ameritech said...”. And of course I have a LOT of sayings of my own I use when coaching too.

In my personal life, here's one I use a lot: “All I can do is keep my side of the street clean.” It reminds me to do what I believe is right AND that I can't control what other people will say, think or do.

I never imagined I'd see Nazis and KKK members boldly marching in the streets across the country, let alone that anyone in our government would be ok with that.

I also never imagined I'd see the devastation wrought by hurricane Harvey, but I've been heartened and moved by all those mobilizing to help.

We all have a civic duty to defend the values of our country, and one way we can do that is by “keeping our side of the street clean” closer to home. We need to be aware of how we show up each day too.

So we'll keep working with leaders to increase the EQ skills that are SO necessary in times like these: empathy, self-awareness and interpersonal awareness. And, we'll keep providing links to articles like the ones we've chosen this month.

Keeping my side clean –

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## Upcoming Events

**All events are open to the public and listed in Central Time:**

Elene

p.s. Please check out the [quote](#) this month, and spread hope!

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## Leadership Learnings

### Keep Showing Up

Kelly Epperson, *KellyEpperson.com*



As a leader, are you looking for a way to spread EQ skills? Then, "Keep Showing Up" and lead by example!

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## Career Management Corner

### How to Increase Your Empathy

Michael Miller, *SixSeconds*

We often hear, "Put yourself in their shoes" when trying to understand another person's decisions or actions. Increasing your empathy will help you do just that. This well done article provides several simple, tips to show you how!



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## Business Building Blocks

### The Cost of Workplace Rudeness

Jennifer Breheny Wallace, *Wall Street Journal*



We have a right to say what's on our mind, but not without thinking about how it affects others. Carelessness in this area impacts work quality and can actually

create a toxic work environment.

Instead, work to increase your Emotional Intelligence to create an environment where folks can thrive!

### "EQ Elevation" Group Action Session,

Thursday, September 21st from 11 am -1pm cst

Learn [how you rate in all 15 Emotional](#)

[Intelligence](#)

[Competencies](#), view your EQ results report and attend a 2-hour online workshop to create your action plan.

[Details](#)

**Thank you for participating in our Emotional Intelligence Webinar Series over the last several months.**

**If you missed Enerpace's previous Emotional Intelligence webinars, there's still a chance to see them.**

#### June Webinar:

*"What's On Your Inner Playlist? Change the Tune & Create Sales Success!"*

[Recording](#)

#### May Webinar:

*"Corporate Politics Secrets from the C-Suite!"*

[Recording](#)

#### April Webinar:

*"Negotiating with Emotional Intelligence - Achieve More, Sell More!"*

[Recording](#)

#### February webinar:

*"Influence Without Authority Using Emotional Intelligence"*

[Recording](#)

## Enerpace News

### 1. What's the # 1 Predictor of Professional Success? Emotional Intelligence (EQ). Find Out Yours!

Join the "EQ Elevation" Group Action Session scheduled for Thursday, September 21st!

To learn more or to register:

<http://enerpace.com/EQ>

What If You Could ...

- Influence Others to Your Point of View?
- Navigate Conflicts to More Easily Get Results?
- Manage Your Reactions to Stressful Situations & People?

You Can! The EQ-i™ Provides the Answers You Need!

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2. Elene was honored to be a part of [The Prinz Law Firm's](#) "Tales from Around the Water Cooler" Podcast. She shares lessons learned and anecdotes from her own corporate career, as well as best practices from her clients across all levels and industries. We hope you'll share this "virtual mentoring" with young women just starting their professional careers.

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## Enerpace Expert

### Using EQ to Build Trust Across Racial and Political Divides

Rachel Goodman, *SixSeconds*



Emotional Intelligence allows us to address those difficult subjects we sometimes avoid.

This great article illustrates how to maintain our relationships, even if we disagree!

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## Cool Tools

### **The Only Thing You Need to Say to Someone Who Is Hurting**

by Rhiannon Webb, *Thrive Global*

When someone you care about is going through a rough time, we always want to say just the right thing to make the pain go away.



There is in fact, one thing you can say that will always help!

This phrase demonstrates high Emotional Intelligence, displaying your empathy, understanding and compassion.

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## Great Books

### **Same Kind of Different As Me: A Modern-Day Slave, an International Art Dealer, and the Unlikely Woman Who Bound Them Together**

by Ron Hall



A fabulous story of how people so different can come together to do such good. A wonderful reminder that we have a lot more in common with

each other than we may think!

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## Quotes You Can Use

*"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."*

Barack Obama (1961 - )  
44th President of the United States



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a complimentary coaching consultation!

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