

The Enerpace PaceSetter



We Grow Agile Leaders Who Grow Purpose-Driven Firms

August 2018

Dear Subscriber,

Our featured quote this month is from Mother Teresa. It was the basis for the homily in church a few weeks back, and it really resonated with me. She didn't focus on adding anything major to the world. She just wanted to subtract from the total dying.

What an interesting perspective! So many of the world's problems seem overwhelming right now. American culture touts "more, faster, better!". Doing less? Actually subtracting something?

What WOULD it look like to hold back on that sarcastic comment, Facebook retort or irate gesture at the driver in front of me? What if I subtracted one Dunkin Donuts coffee each week and repurposed that money to a cause I believe in? What if we all did?

In coaching, we see that we're never truly stuck. Even if we can't change the circumstances, we can change our perspective – how we are BEING in a situation. We can choose to be a victim, a martyr, Scooby Doo or even Mother Teresa.

What do you choose? Hit reply and let me know.

Elene

P.S. We decided to update the look of our *PaceSetter* newsletter -- tell us what you think!



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Upcoming Events

Breaking through Gender Bias & Building a Respectful Culture

Northwest Chicago Professional Development Network, Friday, 9/14 from 8:30 - 10 am

I heard the speaker, Andrea S. Kramer, twice before at Professional Women's Club of Chicago(PWCC) meetings and got such great value that I sent her book, "*Breaking Through Bias: Communication Techniques for Women to Succeed at Work*" as holiday gifts to my clients last year!

Even though progress has been made, biases still exist. We need to be conscious of the biases so we can manage how we react and respond to them.

This event promises to provide some very practical advice! I'll be there - hope you can join me!

Find Out More

From Big Dreams to Big Action: Set Goals that Work!

TUG (Tri-Cities Unemployment Group) Network, Monday, 10/8 at 6:30 pm at Bethlehem Lutheran Church, 1145 5th Avenue, St. Charles. No registration required.

Join Elene as she presents "*From Big Dreams to Big Action: Set Goals that Work!*".

What's the difference between those folks who achieve their goals and those who don't? How come most of us end up setting the same New Year's Resolution year after year? Have a big goal to achieve but don't know where to begin? In this fast-paced and interactive session, we cover the answers to all those questions and more!

Learn:

- Why "New Year's Resolution style" goals rarely work
- Characteristics of good goals
- How to make goals truly motivating
- Common barriers to success & tips to avoid them
- A framework to make goal planning easier

We'll get you into action by using the process you've just learned to start moving forward on one of your very own goals!

Find Out More



Leadership Learnings

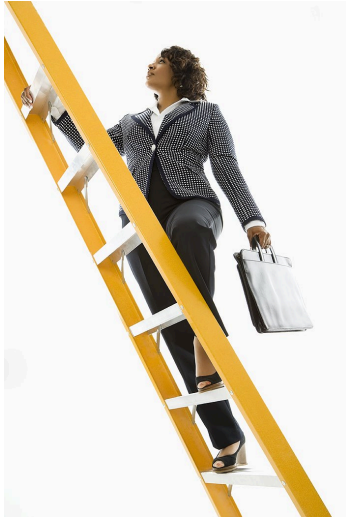
What's the Secret Habit of High Performing Leaders?

Lighthouse Blog, www.getlighthouse.com

What do top leaders have in common? Self-Care! It's one of our favorite Enerpace quotes -- "Put your oxygen tank on first!".

Subtract poor self-care to create leadership resilience! It's the only way to have sustainable success.

Find Out More



Career Management Corner

Say 'No' and Change Your Life

The Guardian, theguardian.com

Before you say 'yes', think carefully., By saying 'yes' to something you are saying 'no' to something else.

Subtracting that event or activity from your life may be the right answer for you!

[Find Out More](#)



Business Building Blocks

How Learning to Chill Out this Summer Improved My Business

Peter Shankman, shankman.com

Here's how one super-busy multiple entrepreneur proved subtraction could work for him.

[Find Out More](#)



Enerpace News

1. So you've got a networking event on your calendar... now what? Read Enerpace's suggestions in "*How To Use Networking Events To Generate Leads*".

[Find Out More](#)

2. Thrilled to be featured in the Daily Herald and even more honored to be a Master Certified Coach (MCC)!

Read the article "*Enerpace president earns prestigious award*" from earlier this month!

[Find Out More](#)



Enerpace Expert

An Agenda for Executive Branding

JD Gershbein, Owlsh Communications Blog

When our executive clients want to work on their professional brand, we start with their social media profiles. Today, your on-line brand and your company's brand are intertwined. JD explains why it's important that they both get the attention they deserve.

[Find Out More](#)



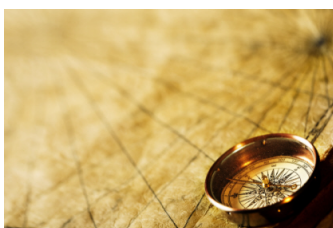
Cool Tools

Best Meditation Apps to Finally Destress in 2018

Positive Routines

Lots of choices to help subtract stress from you life!

[Find Out More](#)



Great Books

What Got You Here Won't Get You There

by Marshall Goldsmith

Wise words on things to STOP doing to be a more effective leader.

[Find Out More](#)



Quotes You Can Use

"I never add up. I only subtract from the total dying... It is not the magnitude of our actions but the amount of love that is put into them that matters."

Mother Teresa

Indian Humanitarian and Missionary (1910-1997)

Ready to learn more?

Go to www.enerpace.com to request

a complimentary coaching consultation!

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



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