

# The Enerpace PaceSetter

News as Individual as YOU are!

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August 2016

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Dear Subscriber,

Back to school, off to college, back to sports, back to clubs, back to EVERYTHING – all at the same time. And for most of us, work demands didn't ease off all THAT much over the summer. And they're probably not adjusting to reflect all the "restart" energy required in your personal life right now either.

What a depressing way to start a newsletter from a coaching firm devoted to energy management, leadership agility & resilience! Well, we're ALSO devoted to the powerful coaching tool of "stating what's really going on", and Lord knows this has been true in our lives as well as those of our clients.

My clients and I have personally experienced the energy drain from all the election negativity, no matter how much we try to shield ourselves from it. Clients and friends are mourning and celebrating at the same time as they send their children off to college. All of us who have taken a summer vacation have felt the extra effort required to tie things up before we go and to catch up when we get back. Tack on some extraordinarily important projects, care-taking for loved ones and your body can go 'TILT' just like a pinball machine!

Mine did. My daughter's back-to-school cold kept her home one day but has knocked me flat like the flu. Why? I allowed my energy barrel to get dangerously empty. And I know better. I even work with a health coach for Pete's sake! But I can't change the past, and have learned not to beat myself up indefinitely for bad decisions. Instead, I'll devote this newsletter to tips and tools that will

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hopefully keep us all out of 'TILT'. In coach training, we called it "OOPS" – over-operationalized syndrome.

No matter what you call it, here's to a tilt-free month!

Elene

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

Enerpace offers programs with QTI in Leadership, Career Planning, and Business Management.

Visit the [QTI website](#) to register then click on "Events". And, learn more about QTI and ALL the upcoming workshops and events!

Here are just a few...

"Networking & Job-Interviewing Workshop" - 9/3 from 12 - 6pm  
[Details](#)

"Resume & Portfolio Design Workshop" - 9/17 from 12 - 6pm  
[Details](#)

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Have questions about social media and building relationships to market yourself, your business, or both?

Enerpace works with [Social Jack](#) to stay on top of the rapid changes in social networking.

Check out "Social Jack TV" at no charge every Tuesday at 1pm CT.

[Details](#)

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## Leadership Learnings

### There's a Proven Link Between Effective Leadership and Getting Enough Sleep

Nick van Dam and Els van der Helm, *Harvard Business Review*



For many of us, when life gets busy one of the first self-care activities to go is sleep. Now there's proof that skipping out on those ZZZ's actually hurts our leadership.

Taking care of yourself actually helps us be a more effective, efficient and agile leader!

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## Career Management Corner

### How to Avoid the Virtual Working 'Morale Dip'

Nigel Purse, The Oxford Group

With more and more folks working from home, having conference calls and completing work outside of a traditional office, it's more important than ever to take steps to make sure everyone feels part of the team and is stays productive.



There are some great tips in here to help make it happen without going "TILT"!

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## Business Building Blocks

## How Whales and Minnows Can Reinvent Your Business

Peter Philippi, [Strategex, Inc.](#)



Peter shared his knowledge about the "80/20" Rule at the Chicago Family Business Council at DePaul University.

While most of us are familiar with the rule, he provides a great application of

it to determine how to balance the time you spend on customers.

Focusing your efforts on your most profitable customers can free up your time to find more "whales" just like them.

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## Enerpace News

1. Have you added job hunting to your list of activities to start up this season? Take advantage of the ebook, *Get Hired: 130+ Tips for Job Seekers from the Experts*, from Recruiters.com.



Enerpace offers a tip as well!

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2. Although the article, *Discover New Healthcare Talent in Today's Career-Switchers*, is focused on healthcare, it really applies to any individual who moves to a new career in a new industry.

Enerpace offers insights on what to look for to determine success.

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3. Stay tuned to Enerpace - we are in the process of developing a new website. We will let you know when we are ready for the big REVEAL!

After fourteen years of business we wanted to update and modernize our site. Our focus is the same - developing agile leaders, agile teams and profitably agile organizations. You'll be the first to know when we are ready to make the introduction!

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## Enerpace Expert

## Saying NO and Setting Boundaries

Jamie Martin, [Destination Organization](#)



You're going to thank me after you read this article!

Our Enerpace Expert offers ways to politely say no or give yourself the time to make a

conscious choice about what you really want to do.

Boundaries are a great "TILT" prevention device!

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## Cool Tools

### 17 Great Apps That'll Make Your Life Easier

We all have our favorite apps that make our life a bit less complicated.



Here are a few new ones to check out to help keep your energy barrel filled despite all the changes happening with the new season.

Elene can personally vouch for Wunderlist and Pocket!

[Find Out More](#)

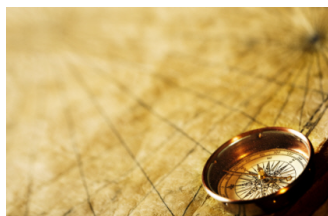
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## Great Books

### *Harry Potter and the Cursed Child, Parts 1 & 2*

By J.K.Rowling



One of the best techniques for getting out of "TILT" is to take a mental break.

This book did that for me – I read it in

one sitting. Enjoy it!

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## Quotes You Can Use

*"Busyness is not a reason for not getting other things done. It is an excuse for not claiming your true priorities."*

Alan Cohen (1954 - present)  
American Businessman, Ownership of the Florida Panthers Hockey Team

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Ready to learn more?

Go to [www.enerpace.com](http://www.enerpace.com) to request a complimentary coaching consultation!

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