
February The Enerpace PaceSetter

News as Individual as YOU Are



February, 2014

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Dear Subscriber,

Well, it may be the end of February, but it looks like we in Chicago need to accept the fact that Winter is not over. In fact, with windchill of -21, it's hard to believe the end is in sight!

Acceptance has seemed to be a theme for many of my clients over the past week or so. Some have had to accept that despite their best efforts, they are not where they wanted or needed to be in their business. Others have had to accept their loved one's addiction. And others are dealing with the waves of grief that ebb and flow after losing a loved one.

When I sent out the text featured in our "Quotes You Can Use" section at the bottom of this newsletter for the FIFTH time, I took it as a sign from on high that acceptance would be our theme for the month!

Acceptance sometimes has a bad connotation in our achievement oriented, driven culture. Some feel that accepting a situation equates to giving up or not being motivated to change. Others may even see it as a failure!

In coaching, the first step is always awareness and acknowledgment of the current reality. If you don't know where you are, how will we create the plan to get you to where you want to be? In fact, acknowledging and recognizing are actually synonyms of acceptance!

Acceptance changes the way we view our situation. Instead of bemoaning what is or what isn't, we accept and move on. I know - easier said than done! Which is why I keep the Serenity Prayer handy to "accept the things I cannot change, find the courage to change the things I can, and ask for the wisdom to know the difference"!

I challenge you to try acceptance the next time you feel stuck! Accept the reality that is then give yourself permission to let it go and move forward. See how you feel. I bet you'll find you are more productive, calm, creative or just plain happier. And THAT I will happily accept!

Elene

p.s. Our January workshop, *Coaching Skills for Leaders*, was such fun and so successful, we decided to do it again! Mark your calendar for Saturday, April 26th and call #630-832-4399 today to register. To learn more, check out the details on our website [here](#).

Upcoming Events

(All Listed in Central Time)

"Got Resilience? What It Takes to Leap from Corporate to Entrepreneurs hip" - Webinar, Friday, 3/7/14 @ 12 noon CST
[Details](#)

"How to Network Purposefully™ to Develop Connections for Lifetime Career Insurance" - Webinar, Friday, 4/11/14 @ 12 noon CST
[Details](#)

"Coaching Skills for Leaders" Workshop, Saturday, 4/26/14 from 9 to 1pm in Wheaton
[Details](#)

"Caregiver Storm: Your Blueprint for Surviving the Elder Care Process" Webinar, Friday, 5/2/14 @ 12 noon CST
[Details](#)

LEADERSHIP LEARNINGS

10 Things Super Successful People Do To Stay Calm

Travis Bradberry, Huffington Post

Stress - it's tough to maintain that fine line between too much stress where it can be unhealthy, and not enough stress to motivate you. Check out this great advice on how to manage stress to be your best. And, how acceptance of your situation can help you de-stress and move toward optimal performance!

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CAREER MANAGEMENT CORNER

8 Keys to Taming a Terrible Boss

Mike Figliuolo, thoughtLEADERS

Is a bad boss what you need to accept? Once you admit this to yourself, you can take steps to improve the relationship and make it more workable.

This article offers some great ideas on how to handle some of the typical bad bosses! Which one is yours?

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BUSINESS BUILDING BLOCKS

5 (Authentic) Ways to Get Past the Gatekeeper

Angelique Rewers, The Corporate Agent

Need help talking to the person in charge? Having trouble getting past the front desk?

Accept that the decision maker is going to be hard to reach. Then try some of these ideas to get through anyway!

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ENERPACE NEWS

1. Love this article about picking yourself up from a failure and moving on! In the article, "20 Entrepreneurs Admit Their Worst Failures" you can see what entrepreneurs have learned the hard way, including Enerpace too!

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2. "Positioning Yourself for Promotion" offers some great advice on how to move up the ladder. Check out Enerpace's ideas on the subject as well!

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3. For those of you who are entrepreneurs, there's a reason you decided to leave your previous job and venture out on your own. See if you agree with any of these entrepreneurs in "Experts Weigh In: What I Love About Being an Entrepreneur (Part 2)". And, see why I love being an entrepreneur - I'm #46!

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4. Read our tip in "17 Ways to Partner with Other Business Owners" to see how taking advantage of these ideas can help your business.

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Enerpace Expert

Ten Tips for Surviving Elder Care

Ben Neiburger, *Generation Law*

All of us at some point have to accept the reality of aging parents. While not easy, it is necessary. Luckily, we can learn from the best practices of others.



Our Enerpace Expert, Ben Neiburger, offers some advice to guide you through this stage of your life to make the process as smooth as possible for both you and your parents.

Hear Ben live and get your questions answered on 5/2/14 at noon CT during a webinar Elene is hosting for the University of Chicago Women's Business Group - "Caregiver Storm: Your Blueprint for Surviving the Elder Care Process" Learn more and sign up [here!](#)

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COOL TOOL

Resources to Help our Aging Parents

www.generationlaw.com/elderlaw-resources

Not only is Ben Neiburger our Enerpace Expert this month, but he offers some Cool Tools as well! Need links, tools, resources and advice on how to care for your aging parents? From financial to medical advice to information about

wills and trusts, this list of resources will surely answer your questions.

Also, check out this [video series](#) to help you accept the fact that your parents are aging so you can move on to caring for them. In fact, one of the important tips is to accept help!

[Find Out More](#)

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GREAT BOOKS

Alcoholics Anonymous: The Big Book

by Anonymous

This book is the foundation of all 12 Step Programs and the book that started it all. Considered by many to be an important guide for sane and healthy living, even those not struggling with addiction can find wisdom in these pages.



For an example of this wisdom, see our "Quotes You Can Use" below!

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QUOTES YOU CAN USE



"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation -- some fact of my life -- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Shakespeare said, "All the world' a stage, and all the men and women merely players." He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God."

AA Big Book, Page 417, Fourth Edition

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