

The Enerpace PaceSetter

News as Individual as YOU are!

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February 2015

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Dear Subscriber,

What do you think of our new look?

I finally reached my limit on something I'd been tolerating for FAR too long -- our old *PaceSetter* template. It would skip letters on any text I entered. It didn't let me insert links or size photos. And my assistant couldn't even SEE the images let alone size them. It definitely had outlived its technological life.

So here you have it -- the same monthly features you compliment us on, but in an updated package.

This got me to thinking about other things in my life that I've been tolerating. And that became our inspiration for this month's newsletter.

What are YOU tolerating? Little things like a shirt you can't wear because you never seem to get around to sewing on that button? Big things like a leaky roof or a toxic 'friend'? Put them ALL on a list - electronic or paper. Keep adding things as you think of them.

Sometimes it feels like there is SO much to fix, it's too overwhelming to even try. But the good news about making a list is that it IS finite. Whether you decide to tackle one thing a day or one thing a month, you can make progress.

In fact, I've had clients throw the list in a drawer or let it get buried in a pile on their desk and they STILL benefit from writing it down. How? Two ways: First, they clear up the mental space in their head that keeps nagging them about these things. Secondly, they are amazed that when they find the list, they can cross many things off. There's power in the writing - which gets your energy activated to getting these things done.

Personally, I like grouping the items. If I'm going to pull out the sewing kit to deal with that shirt button, I also want to tighten the button on my winter coat that's hanging on by a thread AND hem those pants I got for my daughter last month. Lo and behold - 3 things off the list efficiently instead of one!

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Upcoming Events

(All listed in Central Time)

So what are YOU tolerating? Make a commitment to at least start that list and you'll be amazed at the results!

Elene

p.s. If you've been tolerating a team's mediocre performance, check out our 4/7 'Coaching Skills for Leaders' presentation for some skills you can use to raise the bar!

"Webinar" -
Webinar, Friday, 3/6/15 @
12 noon CT

[Details](#)

"Coaching skills for
Leaders" for American
Society for Quality -
Workshop, Tuesday,
4/7/15 @ 5:30 pm

[Details](#)

Leadership Learnings

How the Best CEOs Handle Email

Elizabeth Grace Saunders, Open Forum



Stop tolerating overflowing inboxes!

Take advantage of some of these helpful hints to better manage your overwhelming amount of email.

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Career Management Corner

How To Combat Confrontation at Work

Jenna Goudreau, Forbes Magazine

How you communicate with co-workers and bosses can have a big impact on your career. It's something we work with our clients on weekly. Learning to handle confrontation is key!



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Business Building Blocks

Your Weekly Appointment With Your Business

Becky McCray, Small Biz Survival



Such a simple suggestion! Want to improve your business? Read this article to find out the first step. And don't settle for anything less!

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Enerpace News

1. It can be tough to find just the right gift to give your co-worker or your boss. In the article, *Present Tense: Don't Make These Gift Giving Gaffes*, Enerpace offers some suggestions.

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Enerpace Expert

How To Focus

Give More Blog



Are you tolerating too many distractions in your life?

This blog offers suggestions to help you avoid some visual

and mental distractions that can dilute your focus!

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Cool Tools

Time Management Checklist

Sources of Insight

If you're biggest toleration is never having enough time to get things done, this extensive list has at least one new idea for you to try!



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Great Books

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide

Whether to Stay In or Get Out of Your Relationship

by Mira Kirshenbaum



It's a tough decision and not one to be taken lightly. Have you tolerated enough and just need to move

on? Or, is this relationship one that can be saved?

This book provides great food for thought to help you make that choice.

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Quotes You Can Use

"Only three things happen naturally in organizations: friction, confusion, and under-performance. Everything else requires leadership"

Peter F. Drucker
(1909-2005)
Management
Consultant, Educator,
Author



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