

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

February 2019

Hello Subscriber,

Last month's newsletter focused on the "rock stars" in our life. This month, I had the pleasure of hearing from Dr. Wendy Borlabi – a woman who works with sports rock stars daily in her role as Performance Coach for the Chicago Bulls!

She shared her history of making HUGE life, relationship, residence and career decisions by trusting her gut. Her gut has never steered her wrong, because she knows who she is.

Dr. Wendy explains that she defines "Who You Are" by what you like, what makes you happy/unhappy and by what you will/won't tolerate. Professional basketball players are young, ranging from 18-28 years old. Most have been solely focused on basketball. So much has been handed to them due to their talent, they haven't yet figured out who they are off the court.

Dr. Wendy helps them answer that question and then take what they do REALLY well and exploit the hell out of it. On the court & off! That's the leverage we all have, and an easy way to achieve our goals.

So – who ARE you? We help folks answer that question while creating a professional brand. Call us if you want help figuring that out!

Elene



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Jane Austen

[Enerpace Website](#)

Upcoming Events

Build Your Leadership Resilience: Extreme Self-Care

Wednesday, 5/1, 12-1pm cst, University of Chicago Mind Your Career Webinar

Athletes know they can't perform ON the field if they don't take care of themselves OFF the field. The same rule applies to us as leaders! Yet often self-care goes out the window due to deadlines, family obligations and other stressors.

The way we show up energetically is a HUGE component of Executive Presence. We are the product, just like the athlete on the field. This is especially true when we're in a career transition.

This session will help you maximize your job search effectiveness and enhance your Professional Brand by practicing Extreme Self Care. Learn how to energize your life by taking extremely good care of yourself – without being selfish!

Registration information will be available in our March newsletter.



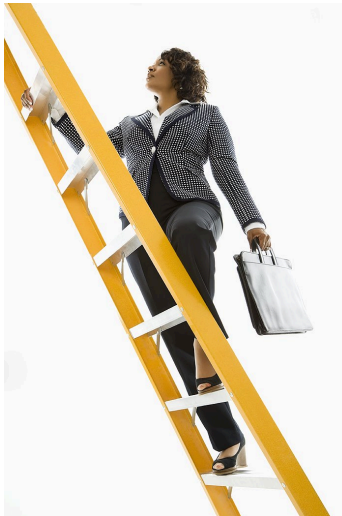
Leadership Learnings

How to Help Someone Discover What Excites Them

Amy Jen Su, *Harvard Business Review*

As manager, you can help folks discover who they are and what they are passionate about - creating a high performing employee!

[Find Out More](#)



Career Management Corner

Two Snap Judgments People Make When They First Meet You

Dr. Travis Bradberry, *LinkedIn Pulse*

Does your first impression give a true picture of who you really are? Here are some tips on how to convey a positive first impression.

[Find Out More](#)



Business Building Blocks

Why You Should Charge Clients More Than You Think You Are Worth

Dorie Clark, *Harvard Business Review*

Did you know the price you charge is part of your professional brand? What does yours say about who you are and what value you provide?

See our Great Books section for more from this author.

[Find Out More](#)



Enerpace News

Before you accept what you believe to be a 'dream job', read *"How to Assess Company Culture to Find the Best Fit"*.

Check out our tips on company culture before you even go to the interview!

[Find Out More](#)



Enerpace Expert

The Marshmallow Myth

Nick Tasler, *Psychology Today*

Are you like the kid who can't wait to eat the marshmallow? Us too! Learn how to replace instant gratification with intermediate gratification!

[Find Out More](#)



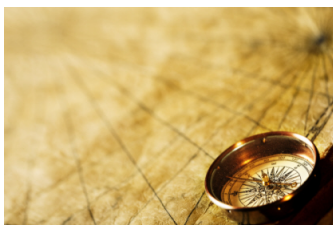
Cool Tools

Neuroscience Discovers 5 Things That Will Make You Happy

Eric Barker, *Thrive Global*

Dr. Wendy Borlabi, Performance Coach for the Chicago Bulls, recommends figuring out what makes you happy to help discover who you truly are. Here are 5 places to try!

[Find Out More](#)



Great Books

Reinventing You: Define Your Brand, Imagine Your Future

by Dorie Clark

Wondering how to take the next step professionally? This book provides a step-by-step guide to "Know Who You Are" and define your brand.

Find Out More



Quotes You Can Use

"We have all a better guide in ourselves, if we would attend to it, than any other person can be"

Jane Austen

English Novelist (1775 - 1817)

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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