

February 2022 Enerpace PaceSetter: The "High 5"

## The Enerpace PaceSetter



[www.enerpace.com](http://www.enerpace.com) 630-832-4399

# We Grow Agile Leaders Who Grow Purpose-Driven Firms

February 2022

Hello Subscriber,

Last month's newsletter spoke of loss, grief and resilience. It touched a lot of people, and I thank you for your kind responses. With the recent Russian invasion of Ukraine, our world is once again experiencing a new wave of fear, loss and grief.

So it seemed like a great time to introduce you to Rick Tamlyn's "High 5 Training – Daily Tactics to Move from Chaos to Connected to Committed!" One of the best ways to grow our resilience is by practicing self-care and taking small actions to create more of what we want to see in the world. If we all did that, our world would be a very different place!

When you commit to doing all 5 each day, you'll notice your anxiety decreasing and your creativity and aliveness increasing:

1. **Humanity** – allow yourself to actually feel the fullness of your feelings, in a safe space, alone or with others. As Rick says, "Give yourself permission to feel the human-mess and full human-ness you're experiencing." Keeping our emotions stuffed down is unhealthy physically, emotionally and spiritually. They usually find a way out one way or another, normally in an unhealthy way.
2. **Ground** – where do you feel connected to your Higher Power or something greater than yourself? Church? Nature? A spiritual practice? A special space in your home? For me, it's a specific conifer tree at the Morton Arboretum. A special stone from Sedona or through breathing deeply, reiki and yoga. Connect daily to this source of strength, energy and wisdom – even if only for 60 seconds.

3. **Create** – inject creativity into your day, even if it’s tackling something you do daily in a new way. Need to cook dinner? Try a new recipe or spice. Write a blog post or an email/letter to a friend. Doodle. Create a collage of photos on Pinterest. Walk a different path or drive a different route. Color with your kids. Anything that energizes you creatively!
4. **Service** – we all have something to give, in some tangible way. It could be a check-in phone call, shoveling snow for a neighbor or holding a door for another. It’s energizing to feel like we made a difference!
5. **Play** – do something FUN just because it is fun! Scrolling Facebook everyday doesn’t count. Rock out to your favorite song, play with your kids or your pets, or enjoy something you typically only do on vacation.

Emotions, like energy, are contagious. When we experience more joy, connection and fulfillment, we share that gift without even trying. That’s not selfish – that’s making a conscious choice to be resilient in the face of all the loss and chaos.

Having a full energy barrel means we’re giving to others from a place of abundance instead of from guilt, lack and deprivation.

Sending you a virtual High 5 -

Elene

P.S. Check out Enerpace's social media this month – we’ll be featuring The High 5 Training the week of 3/14, highlighting 1 tactic each day! Don't follow us yet? Scroll to the bottom and use the icons to find and follow us please.



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Kristi Nelson

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## Upcoming Events



Join me at the Union League Club of Chicago for the Women's Salon Series webinar, *Breaking Through Bias to Improve Collaboration & Diversity*.

Andie Kramer will discuss gender stereotypes, how it affects women's careers, ways to break through the bias and finally will end with a discussion about bias in the workplace.

This event is on Tuesday, April 5th at 5:30pm. For reservations, log on to [www.ulcc.org](http://www.ulcc.org) if you are a member. Not a member but want to attend? Contact Elene or Jackie by replying to this email.

[To Learn More](#)



## Leadership Learnings

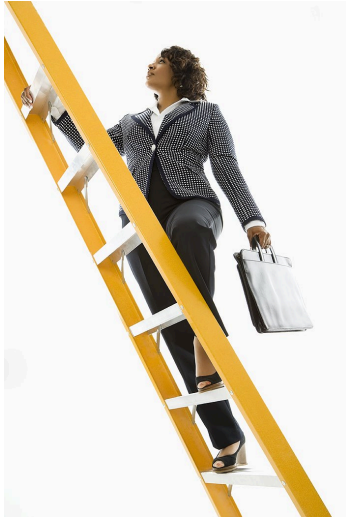
**Leaders, Stop Trying to Be Heroes**

Hortense le Gentil, *Harvard Business Review*

Here's a way to practice Humanity each day with how you show up as a leader. The old stereotype of superhuman, know-everything leadership is NOT what's needed today. We need leaders to communicate a compelling vision, be human, and connect with people in a way that makes it safe to unleash their potential.

[Find Out More](#)

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## Career Management Corner

### Have You Tried This Fun Way to Handle Gender Bias?

Andrea S. Kramer & Alton B. Harris, *Forbes*

While we don't think of gender bias as "fun", using humor authentically can help call out bad behavior in a way that maintains productive working relationships.

Check out this article, then come hear Andrea Kramer speak on this topic at the Union League Club of Chicago on April 5<sup>th</sup>. Contact Elene or Jackie to register!

[Find Out More](#)



## Business Building Blocks

### The biggest branding mistake too many companies make

Rik Haslam, *Fast Company*

Why does your business exist? Who does it serve? How well are you living your mission? A company's purpose is only effective when it's embedded into the daily culture at every level.

[Find Out More](#)



## Enerpace News

Everyone at Enerpace is committed to continuous learning. We're always open to new tools, approaches and theories that add value to those we work with. Lately, we're receiving more requests to work with teams. Several of us have studied the approaches of System and Relationship Systems Coaching, Lencioni's frameworks and the work of Marshall Goldsmith.

Recently, Elene decided to put more structure around her work in Team Dynamics by enrolling in a 'mini-course' offered by her alma mater, Chicago Booth. She's already sharing her learnings about team roles, languages, systems and structure with her clients to help provide perspective on professional challenges they're facing.

Would you take part in a LinkedIn Live overview of Team Dynamics? Reply and let us know. If there's enough interest, we'll schedule a 'lunch & learn' session soon!

[Find Out More](#)

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## Enerpace Expert

### What's Your Purpose as a Speaker?

Sam Horn, *LinkedIn Blog*

Some great tips on grounding and how to be of service through setting your intentions in advance – even for professional engagements.

[Find Out More](#)

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## Cool Tools

### 22 tips for 2022: Get creative, even if you aren't feeling inspired

Malaka Gharib, *NPR*

Here's a podcast with lots of ideas for tackling your daily "Create" time – even if you only have 10 minutes/day!

[Find Out More](#)

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## Great Books

### The Gap and The Gain: The High Achievers' Guide to Happiness, Confidence, and Success

by Dr. Benjamin Hardy & Dan Sullivan

One of the best ways to increase resilience is to manage the self-talk that beats us down.

In a culture focused on goal attainment, we live in a state of "gap" until we get there. By focusing on how far we've already come, the "gain", we are energized to keep going.

[Find Out More](#)

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## Quotes You Can Use

*"Life is not about "or" — it is about "and." It is magical and messy. It is heartwarming and heartbreaking. It is delight and disappointment. Grace and grief. Exquisite and excruciating, often at the exact same time."*

Kristi Nelson - Author, Executive Director of A Network for Grateful Living, Worked in Non-Profit Leadership, Fundraising and Organizational Development

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Ready to learn more?

Go to [www.enerpace.com](http://www.enerpace.com) to request

a complimentary consultation!

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



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