
The Enerpace *Pace*Setter

News as Individual as YOU Are



January, 2014

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Dear Subscriber,

Happy New Year! What a wild and wacky weather month it has been here in "Chiberia" (or "Chillinois" if you prefer). I don't think my daughter Maria will get in one full week of school this month.

Those of you who are loyal long-time readers of this monthly newsletter know that we really don't believe in New Year Resolutions. If it's a given that they'll be broken by February, why bother? Nope, we prefer goals that position you for success and those that get results.

Yearly "themes" can be powerful too. Actually, you can create a theme for any time period and experience you choose. For instance, a year ago Maria and I accompanied a group of friends for a long weekend at Disneyland. We had agreed upon a theme of "joy" and were thrilled when "joyful enchantment" accompanied us every step of the way.

As I reflect upon the year ahead, I've decided to adopt a theme of "no regrets". We are up to some big things this year - personally and professionally! I intend to jump into our new professional endeavors like I'm doing the hokey pokey - - putting my "whole self in"! :-). I can't guarantee that any of the changes I'm making will be easy or successful - nobody has that much control unfortunately.

But what I CAN control is my decision that when I look back at 2014, I will not have regrets. That's the beauty of living in conscious choice! Even if we can't control what happens, we can always control our reaction and response to what happens.

So - what theme will you choose for this year? What will you have created and who will you have become by 12/31/14? Please reply to this message and let us know!

Elene

p.s. If you've not had a chance to think about Valentine's Day yet, remember that you can shop on-line for a gift that everyone loves (chocolate!!) and 15% of every sale will be donated to the National Alopecia Areata Foundation (NAAF). Check out the [on-line catalog here](#). Just select Alopecia Fundraiser as your "host" when you shop on-line. (First Name: Alopecia; Last Name: Fundraiser) OR call Heather Jarvas directly at 630-452-8149 and she will happily place your order for you and make sure you get to take advantage of all their special offers!

LEADERSHIP LEARNINGS

Upcoming Events

(All Listed in Central Time)

"Get Your Career Unstuck" - Webinar, Friday, 2/7/14 @ 12 noon CST
[Details](#)

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

Why Leaders' Thinking is Often Wrong

Jennifer Robison, GALLUP Business Journal

So many choices and decisions to be made daily! Even when we have the time to consider all the options, our brains can get in the way of the optimal choice. So avoid regret by running critical decisions through these check-points and criteria first!

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CAREER MANAGEMENT CORNER

5 Things Women Should Never Say When Negotiating

Katie Morell, OPEN Forum

Don't regret leaving money on the table! Whether male or female, we need to stand up for ourselves to create the outcome we desire.

Unsure where to start? Avoid these phrases and take advantage of the opportunity to negotiate with power!

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BUSINESS BUILDING BLOCKS

How To Focus

Sam Parker, GiveMore

The start of the new year can be re-energizing. But for business owners, it's sometimes difficult to get focused and stay focused.

Don't regret letting your 2014 goals slip through your hands. Follow these simple steps to keep you focused throughout the year. The end result will be a much more productive and cohesive team!

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This past

ENERPACE NEWS

1. We are thrilled to be so prominently featured in *WorkBuzz* in this helpful article "Does Your Boss Have Favorites? Are You Not One of Them?!"

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2. Last Saturday, January 25th, Enerpace offered a 'Coaching Skills for Leaders' workshop! It was a big success with lots of

hands-on coaching practice to help the leaders and their teams be more

productive in 2014. Let us know if you would like to learn more - we'd love to bring it to you!

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3. Enerpace is #27 in "New Year's Business Resolutions for 2014". Which one of these goals is right for you?

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4. Work-life balance is something that remains elusive for many of us. Check out Enerpace's contribution on pg. 3 of "The Inefficient Frontier: Work-Life Balance".

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Enerpace Expert

Who's Sorry Now? 6 Steps to Regret-Proof Your Life

Martha Beck, *The Oprah Magazine*

Let's leave regret in 2013! As we all know, regret prevents us from taking the necessary steps to move forward. Whether your regret is in your personal life or professional life, it weighs on your mind. It's time to take the steps to make 2014 'A Year of No Regrets' by moving on to what the future holds for you!



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COOL TOOL

17 Best Tools and Apps for Building New Habits and Goals
openforum.com



It's a new year! How are you doing on all of your goals for 2014? Need a little help?

Read about these helpful tools to keep you on track and create new, productive habits. We can all use a little 'nudge' sometimes to keep us

focused!

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GREAT BOOKS

Play Your Bigger Game: 9 Minutes to Learn, a Lifetime to Live

by Rick Tamlyn

Are you thinking that this is the year to make that change in your life? No matter what that change is, this book will give you the fuel you need to make it happen. This is an excellent book to help you play YOUR "Bigger Game" in life!



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QUOTES YOU CAN USE

"While we may not be able to control all that happens to us, we can control what happens inside us."



Ben Franklin (1706 - 1790)
American author, printer, politician, postmaster, scientist, inventor, civic activist, statesman, diplomat and one of the Founding Fathers of the United States, (who also knew the power of choosing our perspective).

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