

# The Enerpace *PaceSetter*

News as Individual as YOU Are



January, 2015

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Dear Subscriber,

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One of the things I love most about being a coach is that I learn something from my clients almost every day. Perhaps it's something about Obamacare. A new investment. A great way to stay connected with your spouse. Knowledge about careers, industries and companies I never had the opportunity to work in.

This month, I heard a new concept that has really intrigued me. While working with a client to re-brand his professional services firm more in line with his values, he said the following: an ideal is a value turned into a goal. That's the kind of statement that makes you go "hmmmmm - there's something worth mulling over there"!

By this time of the new year, most resolutions are only a vague memory. So how about turning one of your values into a goal? What ideals will YOU put into action this year?

Another great feature of being a coach is the schedule flexibility when "real life" happens. My thanks to all of you impacted by my need to spend time with an injured family member this past week --- which includes YOU if you're reading this, since this "January" newsletter is going out on February 1st! :-)

Enjoy Super Bowl Sunday - - no matter what you're doing. Here in Chicago, most of us are shoveling snow!

Elene

p.s. What value will YOU put into action this month? What ideals will you honor more in your life? Hit reply and let me know.

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## LEADERSHIP LEARNINGS

### *Want to Pull Your Life Together?*

Kare Anderson, *Forbes*

Lead your life in the direction you want it to go!

How? This article fits perfectly with our theme this month, with examples of folks who have created lives around their ideals.



## Upcoming Events

(All Listed in Central Time)

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"3 Essential Skills Every Leader Needs to Create a High-Performing Team, Stand Out, and Get Promoted" - Webinar, Friday, 2/6/15 @ 12 noon CT [Details](#)

Quality Training Institute (QTI) - Networking and Workshop Sampling, Friday, 2/20/15 at 4 PM



## CAREER MANAGEMENT CORNER

### *What Successful Work and Life Integration Looks Like*

Stew Friedman, *Harvard Business Review*

It's not about work/life balance. It's about an integrated life of living your ideals and honoring your values.

Find out how these six successful people followed their ideals in all aspects of their lives!

And, check out our [Cool Tool](#) for this month to get you started on integrating your work and life.

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## BUSINESS BUILDING BLOCKS

"Coaching Skills for Leaders" for American Society for Quality - Workshop, Tuesday, 4/7/15 @ 5:30 PM [Details](#)

### *The One-Word Secret to Small Business Success*

Rich Gallagher, [carolroth.com](http://carolroth.com)

When most folks follow their passion and ideals to start their own business, they don't start until they have the perfect idea, business plan and income. But in order to have a higher chance of success, sometimes it's better to think in terms of "and" instead of "or" when starting your own business!



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## ENERPACE NEWS



1. Enerpace is quoted in a TIME article, "Hate Your Job? Here's What You Can Do."

Before making any hasty decisions, here are some steps and ideas to try first.

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2. Ever wonder what gift to give to those at the office? Whether it's the holidays or any other time of the year, it can be

a tough decision. The article "Present Tense: Don't Make These Office Gift-Giving Gaffes" offers some thoughts with Enerpace quoted as well!

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3. As we had mentioned before the holidays, the Enerpace Team is thrilled to be affiliated with Quality Training Institute (QTI), located in the Illinois Science and Technology Park, where we will be offering some of our most popular workshops and seminars.

On Friday, February 20th, QTI will be offering "sample sizes" of some of the workshops that will be available. Lean Six Sigma, Career Management, Leadership and Motivation and hot topics in IT are just some of the topics offered. Enerpace will be giving a sample of our Emotional Intelligence workshop that evening as well. Contact us at 630-832-4399 or [mail@enerpace.com](mailto:mail@enerpace.com) for more information. We hope you can come and join us!

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## ENERPACE EXPERT

### **Victoria Cook**

The Center for Guilt-Free Success  
Small Business Coach, Speaker, Author  
& Enerpace Affiliate Coach  
[www.centerforguiltfreesuccess.com/](http://www.centerforguiltfreesuccess.com/)

We are so proud of our Affiliate Coach Victoria! So we decided to honor one of our own this month. Be sure to see her new book in our "Great Books" section too!

Victoria is the perfect example of someone following her ideals. Her newest passion is her book, "*Plans to Prosper: Strategies, Systems and Tools for Small Business Marketing Success.*" She offers business and marketing training for women entrepreneurs.

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## COOL TOOL

### **18 Questions That Could Change Your Life**

by Steward Friedman

Are your work and life integrated? Are you following your ideals?

Take advantage of this short quiz to get you thinking about your personal work/life integration. See how you can be both successful and happy!

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## GREAT BOOKS

### ***Plans to Prosper: Strategies, Systems and Tools for Small Business Marketing Success***

by Mr. Stan Washington and Mrs. Victoria Cook

As a small business, marketing can be a challenge. This book breaks it down into small steps to help grow your business and be successful.



So, follow your ideals, values and passions, but also take advantage of some help and suggestions along the way. After all, Victoria grew her own business, The Center for Guilt Free Success, through effective marketing!

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## QUOTES YOU CAN USE



*"Vision is not enough. It must be combined with venture. It is not enough to stare up the steps, we must step up the stairs."*

Vaclav Havel (1936 - 2011)  
Czech Writer, Philosopher, Statesman

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