

The Enerpace PaceSetter

January 2023: If It's Not One Thing...



We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

The Universe has been making it VERY clear what the topic of this month's newsletter should be! See if you agree:

- On Friday, my refrigerator lost its mind and decided that a 38° freezer and 59° refrigerator is perfectly acceptable, especially when it fluctuates up and down from there throughout the day
- On Saturday, a friend devoted her blog to all the big stumbling blocks in life she's had to overcome
- On Sunday, a brilliant coach (Rick Tamlyn), sent an email about a training of his that had myriad technical difficulties. He ended with the Yiddish saying "Make plans. God laughs."

Remember Gilda Radner's Roseanne Roseannadanna? I've been quoting her a lot these past few years! One of her most well-known lines was **"It's always something. If it's not one thing, it's another."**

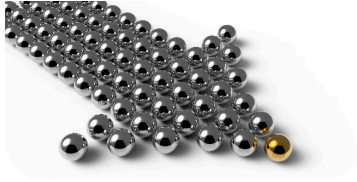
I'm beginning to accept that it is, indeed, just "life". I believe we're here to learn and grow. My experience is that the 'growth opportunities' get larger and larger until I get the message I'm meant to learn. Hopefully, this newsletter proves I've gotten the message and we can move onto the next "adventure"!

While I'd certainly love to avoid the inconveniences of grown-up life, I know I'm never truly stuck. I can always choose how I want to BE in a situation, even when there's nothing I can DO. As I tell my child, as long as nobody dies, everything else can be recovered from!

So, I'm grateful that the refrigerator broke just before new flooring is about to be installed, instead of afterwards! And that I have friends and family to commiserate with me. AND that the Universe also delivers messages of support, as a reminder. The quote below arrived 2 days ago, in *Grateful Living's Word for the Day* email.

Onto the next lesson –

Elene



"Your fate is not sealed. Even in the darkest night, a star will shine, a bell will chime, a path will be revealed."

Pam Munoz Ryan (1951 -)

American Writer for Children and Young Adults



Leadership Learnings

19 Change Management Activities to Overcome Employee Pushback

Mert Aktas, *UserGuiding Blog*

Change is inevitable in life. It's also stressful. Our brains love variety, but hate uncertainty.

Are your employees' heads spinning from constant change? These best practices can make a difference!

[Read More](#)

Career Management Corner

10 Personal Branding Trends for 2023

William Arruda, *Forbes*

Building professional relationships, getting noticed, and finding new career opportunities have all become more challenging in the virtual & hybrid working world.

This article is a great summary of what to expect, and what we'll need to manage, to grow professionally in 2023.

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Upcoming Events & Enerpace News

New news in 2023...

- Elene Cafasso and Tom Horne are continuing their DEI education by participating in the University of Southern Florida's Certificate Program through the Muma College of Business.
- At the end of 2022, Elene made the decision to join ProVisors for national networking and relationship building. If you're a member too, please reach out to share your best tips!
- On 2/28, Elene is speaking on *Strategic Networking* at the Kickoff Luncheon for the new Union League Club of Chicago (ULCC) Networking Group. For reservations, log on to www.ulcc.org if you are a member. If you're not a member, you should be - no matter where you're located! Reach out to Elene to learn more - or just hit reply to this message!



Enerpace Expert

Life Kit's Resolution Planner

40+ Ideas and Tips to Start our New Year

NPR

Normally, by this time of the year, our best-intentioned New Year's Resolutions are but a



Our Race/Diversity/Equity/Inclusion (RDEI) Corner

Did you know that February 2023 is Black History Month?

First celebrated as a week in 1926, it became National Black History Month in 1976 as part of our U.S. Bicentennial.

memory. No matter what goals you want to achieve this year, this list of podcasts can help you keep going when 'life' gets in the way.

And, why is it in February? Because President Lincoln's birthday is February 12th and the Abolitionist and Writer Frederick Douglass' birthday is February 14th.

Click below and read "*Here are 9 Ways to Celebrate Black History Month in 2023*".

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