

The Enerpace *PaceSetter*

News as Individual as YOU Are



January, 2013

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Dear Subscriber,

As an Executive Coach, you'd think I would be all over the concept of New Year's Resolutions. I'm not. They're too easy to ignore and actually one is almost expected to break them.

Goals work for me, but they generally speak to the DOING of something. I'll lose 10 pounds or I'll increase sales by 25%. Great goals, but there's more possible.

Instead, I like working with my clients to select "themes" for the year. One has selected "Serene in '13" as her theme, after several tumultuous years. Themes reflect ways of BEING - - we are human beings after all, not human doings (no matter how much we try to make it otherwise)!

Themes also can support our goals. For instance, what's the "Serene" way to lose 10 lbs. or increase sales?

So what's YOUR theme for the year? If your New Year's Resolution has already flown the coop, try setting a SMART goal on the foundation of a powerful theme that resonates for you!

What's my theme for 2013 you may be wondering? Joy! It may not rhyme with 2013, but c'est le vie. While I'm already so happy & grateful to have wonderful, talented and fabulous clients and team-mates at Enerpace, I want to take it to a whole new level. What would it look like to approach your workday, commute, vacation and family time from a place of joy? I'll let you know - I'm about to find out! :-)

Joyfully -

Elene

p.s. Need help developing and LIVING your theme for the year, personally or professionally? A one-time Enerpace Focus Session can help! Give us a call at 630-832-4399.

LEADERSHIP LEARNINGS

6 Weird Habits of Successful People

Mike Michalowicz, www.openforum.com

Thinking about making 'Success' your theme for the year? Then follow these simple rules. While they may not be what you expect, you'll find that successful people tend to do things differently than the "average Joe"!

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Upcoming Events

(All Listed in Central Time)

"Astonish Your Interviewer" - Webinar, Fri, 2/8/13 at 12 Noon

[Details](#)

"Want Leadership Success? Then Make Sure Your EQ is as High as Your IQ!" - Webinar, Thurs. 2/14 at 11 a.m. CT/noon ET

[Details](#)

"Midnight Lunch with Thomas Edison: What's the Difference Between Collaboration and Teamwork?" - Webinar, Fri, 3/1/13 @12 Noon

[Details](#)

"Leveraging Your Emotional Intelligence for Career Success" - Webinar, Fri 4/5/13 at 12 Noon

[Details](#)



CAREER MANAGEMENT CORNER

12 Ways to Optimize Your Resume For Applicant Tracking Systems

Mona Abdel-Halim, www.mashable.com

Many folks who select a 'New Beginnings' theme focus on finding a new job. So, you go through the process of filling out applications and sending in your resume. And then you wait and hope that your resume gets seen by human eyes.

Follow these helpful tips to help you get past the "black hole" of tracking systems and into the hands of the right person.

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BUSINESS BUILDING BLOCKS

31 Simple Ways to Maximize Efficiency in Your Home Office Lifehack

Do you have a home office? Is it cluttered with distractions or organized and efficient? Do you feel like you get tasks accomplished or that you waste time in your office?

If your theme for the year is 'Efficiency', these tips will help you - - whether you run a home based business or just telecommute occasionally!

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ENERPACE NEWS

1. Learn all about creating your company's brand in the article "*18 Innovative Ways to Build Employer Brand*" - and be sure to check out Enerpace's tip in #7!

[Find Out More](#)

2. Networking is an important part of many of our jobs and businesses. We need to make contacts to build business and gain referrals. But, how do you know when someone just isn't in the mood? Career Bliss gives several tips in the article "*6 Signs She(or He) is Just Not That Into*



Networking With You." Enerpace provided the second sign!

[Find Out More](#)

3. What do Alabama, beauty queens, sports and Enerpace have in common? Until recently, we thought absolutely nothing! Check out Enerpace in the NBC article, "Miss Alabama's Career Could See Boost from Media Blitz". Enerpace was asked to comment on how Katherine Webb can use her recent spot in the news to boost her career.

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Enerpace Expert

7 LinkedIn Secrets

Julie Roth, Blue Mark Partners, Ltd.

Have a 'Connection' theme brewing for 2013? We've all heard the value of LinkedIn whether you are job hunting, getting your name out there to increase your business or keeping your options open for the next opportunity that comes your way. A LinkedIn profile is a "must-have" for every professional today!



Have a profile but not really sure how to use it? There are ways to make you more attractive on LinkedIn. Julie Roth, this month's expert shares 7 secrets to get your profile noticed!

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COOL TOOL

Seven Step Plan to Simplify Your Home,
powerofmoms.com



It's January again - the month that we feel the need to get our lives in order. If your theme this year has anything to do with 'Organization' or 'Simplification', then this is the tool for you!

It's not just for Moms - - this handy seven step process can get all of us thinking clearly and accomplish what you we set out to do in 2013.

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GREAT BOOKS

Desperate Marriages: Moving Toward Hope and Healing in Your Relationship
by Gary D. Chapman

Want to focus on a 'Relationship' theme this year? Feel like your marriage has no where left to go but to a divorce? Dr. Chapman offers concrete advice for even the most desperate marriages. There is always hope. While you can't change another person, you CAN always change yourself and your attitude.



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QUOTES YOU CAN USE

"The biggest human temptation, is to settle for too little."

Thomas Merton (1915-1968)
Writer, Poet, Monk, Priest and Social Activist

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