

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

July 2019

Hello Subscriber,

A clogged sink. Raccoons under the deck. Tragic, senseless deaths. The “Sandwich Generation”. Business opportunities that evaporate after months of work. Nothing but negative news reports. Unknown charges on a credit card bill. Global warming.

TILT! All of these are leaks, if not outright holes, in our “energy barrels”. Yet, these are things we adults need to deal with on a daily basis.

At this time of year, there are a lot of articles on the necessity of taking a true vacation, one where we really unplug. That’s very true, but how do we handle all the daily stressors in the months between vacations?

So what do YOU do when you feel like you’ve overdosed on ‘adulting’? For me, it’s extra self-care, including yoga, gratitude, work I love, family, friends and faith.

And sometimes, despite all that, when the going gets tough, the tough need to pull the covers over their heads for a while and escape!!

Peeking out from under the covers-

Elene



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Upcoming Events

Leading with Courage - The Work of Brene Brown

Friday, 8/2, Coaching Skills Conference, Los Angeles, CA. Conference Free but Registration Required

One of our Enerpace coaches, Nancy Tylim, will be presenting at the USC Conference along with other presenters sharing topics on "Creating a Coaching Culture".

[Find Out More](#)

Leadership Agility Presentation

Tuesday, 9/24, 7-8pm CST, ORSC(Organization and Relationship Systems Coaching), Chicago, IL

Elene will be speaking on a Zoom platform about Leadership Agility for ORSC/Chicago Midwest Community Call - more info to come! Hope you can join her!

[Find Out More](#)



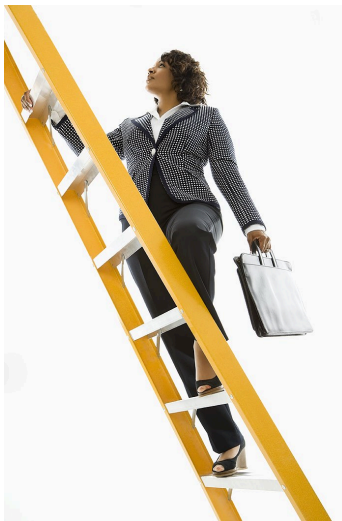
Leadership Learnings

Don't Be Blindsided By Change

Christine Comaford, *Forbes*

The science behind our brain's response to change and stress. What's the antidote? Connection!

[Find Out More](#)



Career Management Corner

The Busier You Are, the More You Need Quiet Time

Justin Talbot-Zorn and Leigh Marz, *Harvard Business Review*

Building in 'quiet time' in your life can help you 'adult' better.

[Find Out More](#)



Business Building Blocks

Finding the Right Collaborative Solutions at the Right Time

Amber Anderson, *American Express*

We don't need to go it alone as business owners or as leaders. Collaborating with partners of all types can help!

[Find Out More](#)



Enerpace News

A big thank you to those of you who donated to National Alopecia Areata Foundation on behalf of my Maria last month! Although the annual conference is over, you can always contribute to this organization and pray for a cure in the future. Thank You!

[Learn More about Alopecia](#)

[Donation for Maria and Maureen](#)



Enerpace Expert

To have the best possible mental health, we need to constantly remind ourselves of the cognitive CHOICES we always have

Ray Mathis, Consultant, Speaker and Author, Advocate for Mental Health

A great reminder to help stay out of 'Tilt'.

[Find Out More](#)



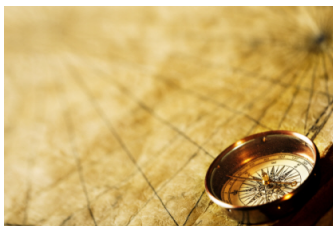
Cool Tools

Neuroscience Discovers 5 Things That Will Make You Happy

Eri Barker, *Thrive Global*

Relatively simple acts that make a BIG difference!

[Find Out More](#)



Great Books

The Cotton Candy Road Trip

by Pam Turlow

Vintage amusement parks can provide a much-needed break from adult responsibility. This great book by Elene's friend Pam Tallow is like *Eat, Pray, Love* with roller coasters!

[Find Out More](#)



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

American Journalist, NBC 5 *First at Four* (1969 -)

Ready to learn more?

Go to www.enerpace.com to request

a complimentary coaching consultation!

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



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