
The Enerpace *PaceSetter*

News as Individual as YOU Are



July, 2013

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Dear Subscriber,

Father Tony Taschetta gets the credit for the theme of this month's newsletter. In his wisdom, he declares that there will be no meetings or non-sacramental events in the month of July. Why? He knows we all need a break!

Actually, Fr. Tony can't really take full credit for this idea. God knew we need a break, which is why there's that pesky 4th commandment about remembering the Sabbath to keep it holy. :-)

So this month, we hope our article selections help inspire you to gift yourself with a 'Summer Sabbatical' - in whatever way works best for you! We've tried to address all your objections upfront by providing solutions to take them right off the table.

If you need more help getting rid of that "must work 24X7" mentality, give us a call! 630-832-4399 We've helped LOTS of over-busy and over-stressed professionals find a way to get (& keep) their energy barrels filled to maximize their Leadership Resilience!

What would it be like to take a Summer Sabbatical - even if only for one day? I challenge you to find out!

Elene

p.s. **WE DID IT!** Thanks to your contributions for the 2013 National Alopecia Areata Foundation (NAAF) Walkathon, my daughter Maria once again found herself in the 'Winners Circle'! Maria raised \$1,000 and NAAF made \$43,000 in total for research towards a cure. As promised, here's my proud girl, front & center in the pink shirt:



LEADERSHIP LEARNINGS

5 Ways to Bring Yourself Back from Burnout

Martha Beck, *Oprah.com*

Upcoming Events

(All Listed in Central Time)

"What's on Your Inner Play List? Change the Tune for Professional Success!" - Webinar
Fri 8/2/13 at 12 CT

[Details](#)

"Consciously Engage in Your Own Transformation to Bring Out the Best in You and Those Around You" - Webinar,
Fri 9/6/13 at 12 CT

[Details](#)

"Want Leadership Success? Make Sure Your EQ is As High As Your IQ"

AND

"Introduction to Coaching Skills for Women Leaders - Chicago Booth, Booth Women Connect Conference,
10/4/13

[Details](#)

We have all been there and know the signs. Burnout affects your judgment, your concentration, your sleep, your eating, your exercise routine, and much more.

Still feel like you can't take a break? Wrong - this is exactly the time you MUST take a break!

Not knowing how is no longer an excuse - - this article shows you 5 ways to do it!

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CAREER MANAGEMENT CORNER

The Best Strategy for Reducing Stress

Peter Bregman, *HBR Blog Network*

Can't de-stress? Have you forgotten how to relax? Then this article will be a game changer for you!

What's the secret? Here's a hint: Consciously choose your perspective AND your expectations! To find out how to do THAT, just click on the link below ...

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BUSINESS BUILDING BLOCKS

How to Avoid Entrepreneur Overload

Joe Robinson, *Entrepreneur.com*

Entrepreneurs are a unique breed with many unique challenges. The business becomes your 'baby' which can lead to the trap of overworking and over-stressing....which of course doesn't lead to a thriving business!

This article will help you slow down, delegate, say "no" and much more. The summer isn't over yet. Take that very necessary down time - both for yourself and your business!

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ENERPACE NEWS

1. Wow - Enerpace is in the #1 spot in this entertaining article "*35 Business Phrases that You Wish Would Go Away!*" You will probably see lots of familiar phrases... and probably some of your own hot buttons too!

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2. Check out our guest blog for Forward Progress, "*The Networking Story that Must Be Told!*". Although there isn't just one right way to network, there is definitely a wrong

way! Learn from one of my most memorable experiences.



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3. Join us for Enerpace's "*Define Your Professional Brand*" Workshop, September 14th from 9-12 pm in the Elmhurst/Oak Brook area. You'll leave knowing what a Professional Brand is, you'll define your own brand and figure out how to use it inside your firm and/or in sales and

networking. Space is limited for maximum participation so sign up now by calling 630 832-4399 or emailing mail@enerpace.com. [Back to Top](#)

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Enerpace Expert

Job Hunting: Put Your Oxygen Mask on First!

Elene Cafasso, *Enerpace, Inc.*

Job hunting is stressful, time consuming and can really take a toll on your mind and body. Give yourself a break occasionally to replenish and rest. You'll be more energetically attractive to prospective employers if you "put your own oxygen mask on first"! Don't believe us? Read on!



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COOL TOOLS

94 Ways to Keep Kids Busy for the Work at Home Parent
Sparkplug CEO



It's often challenging for working parents to keep the kids occupied and entertained over the Summer Break. Of course there are camps and sports programs, but what about the times at home when they say they're "bored"? Check out this great list of ideas for children of all ages!

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GREAT BOOKS

Enerpace's Suggested Reading List

Summertime is the perfect time to enjoy a good book - whether during your well-deserved vacation or on your back patio after work.

Check out our Amazon.com Enerpace "store" where we list the books we recommend most in the categories of professional development, personal development, career management - and of course, those "just for fun", perfect summertime reads!



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QUOTES YOU CAN USE



"Besides the noble art of getting things done, there is a nobler art of leaving things undone."

Lin Yutang (1895 - 1976)
Chinese Writer, Translator, Linguist and Inventor

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