

The Enerpace PaceSetter

July 2023: Life - A Story You Tell Yourself?



We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

Sometimes, I fall down the rabbit hole of "interesting internet links". You too? While it's far too easy to watch another cute puppy video, there are other times it leads to gold.

Thanks to a list of resources provided by the amazing **Jody LaVoie**, I was led to a Ted Talk by Bruce Feiler on '**The secret to mastering life's biggest transitions**'. This topic is something I'm speaking, writing and coaching on more frequently, so I couldn't resist.

In his talk, Bruce asks some amazing questions. Like, what if the story of your life you tell yourself, actually IS yourself? What happens when that story no longer matches reality? What happens if we change the story?

These questions are powerful because so much of the pain in our life, and in our transitions, comes from an involuntary change that leaves us feeling "this is NOT the way it's SUPPOSED to be". Jody's husband was *not supposed to be* shot by a coworker. Parents are *not supposed to* bury children. We *are supposed to* have job security and not have to find another one every year due to factors outside our control.

We've been raised to expect linear lives: college, lifetime career, marriage, children, retirement, etc. Feiler points out this is a relatively new paradigm and it's also a dead end. Until relatively recently, humans understood that life is cyclical and often unpredictable. Today we see those events as disruptors to what's *supposed to be*!

His research identified 52 common disruptors and we average of 36 per lifetime. This means one every 2 years! The biggest disruptors he terms "life-quakes". We can expect 3 - 5 per lifetime with an

average length of FIVE years! This means we will spend half of our life in transition. Let that one sink in! As I think back on my own life thus far, I have to admit it's been true for me.

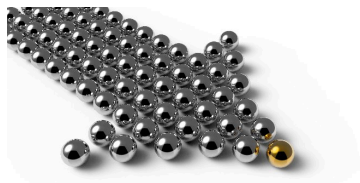
Although 50% of disruptors are involuntary, what we CAN control is the story we tell ourselves about them. If we can reframe them as 'normal & expected', we can rewrite the story. This leads to less suffering through the journey, since we know they're a path to a new beginning.

Personally, I have had transitions that really were 'meaning-making' experiences, instead of just painful journeys. But only when I've been willing to rewrite my 'story I tell myself'. Let's remind each other of that possibility - frequently!

Here's to less suffering and more rewriting –

Elene

PS – Transitions are emotional and exhausting – and are a large part of the burnout everyone's experiencing right now. Leaders can make a difference! Check out our 9/11-9/15 lunchtime summit to help battle burnout and decrease your stress. ([Enerpace Leadership Summit 2023](#))one



"As human beings, our greatness lies not so much in being able to remake the world -- that is the myth of the "atomic age" -- as in being able to remake ourselves."

Mahatma Gandhi

Indian Lawyer, Political Ethicist, and Civil Rights Leader



Leadership Learnings

Build Resilience Using The 3 Rs Technique

Tim Reitsma, [People Managing People](#)

Here are 3 resilience-enhancing steps to navigate through any transition. They're also great for "changing the story" too!



Business Building Blocks

The Linear Sales World is Dying: Embrace the 6 Steps of the Sales Matrix

David JP Fisher, [DavidJPFisher.com](#)

Here's an oldie but goodie that provides advice that is still true & useful. It also underlines the

message that whenever there are humans involved, linearity is the exception, not the rule!

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[Read More](#)



Upcoming Events & Enerpace News

Join the Enerpace Coaches to *Elevate Your Leadership & Decrease Your Stress!* Leadership Summit September 2023

The week of September 11th, Enerpace will be offering 5-Mini-Workshops to

Elevate Your Leadership & Decrease Your Stress!

Learn More and Register today!



Leadership Summit "Tasters"

Want to get a taste of the topics we're covering at our Leadership Summit?

We'll be holding short LinkedIn and Facebook Live Preview Sessions the week before the summit begins. We want to give you a sneak peak at the upcoming sessions and how they help decrease stress for you and your team!

- Tues, 9/5 - *Leveraging EQ and Brain Science to Prevent Employee Burnout* - Live at 12 pm CST
- Wed, 9/6 - *DEI Programs that Actually Deliver Results* - Live at 11 am CST
- Thurs, 9/7 - *6 Types of Working Genius* - Live at 12:30 pm CST
- Fri, 9/8 - *Leadership Agility* - Live at 12 noon CST

Join us on [Elene Cafasso's LinkedIn Page](#) at the starting time. Can't make it live? The videos will be posted to Elene's profile afterwards.

We're looking forward to sharing this free Leadership Summit Preview !

Transitions - Join the conversation on LinkedIn!

Elene will be going LIVE on social media over the next few weeks to discuss leadership & transitions. Transitions come in many forms – new jobs, graduation, lost jobs, divorce, retirement, etc.

What type of transitions do you want to talk about? Hit reply & let us know - we'll feature those topics first. Please tune in - and weigh in - on both LinkedIn and Facebook!



Enerpace Expert

The Secret to Mastering Life's Biggest Transitions

Bruce Feiler, TEDx

In this TED talk, Bruce Feiler points out that most of our life is spent in transitions – and they're usually involuntary.

Here's an overview of the 5 steps he's identified to help us move through the nonlinear stages of any transition.

[Read More](#)

Great Books

Life Is in the Transitions: Mastering Change at Any Age

by Bruce Feiler

Based on hundreds of life stories, Feiler discovered the patterns, disruptors and lifequakes that impact all of us. If you're not in one now, odds are you're close to someone who is!

This book helps us change the stories we tell ourselves about how life should be, leaving us better able to navigate through what actually is.

[Read More](#)

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