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July, 2010

The Enerpace PaceSetter

News as Individual as YOU Are

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Upcoming Events

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Business Writing for Results

[August 6 Webinar](#)

Challenging Conversations & Effective Feedback

[September 1 Workshop](#)

Dear Subscriber,

Getting it all in. Making things fit. 'To do' lists we're not sure we'll EVER get done and more emails in our inbox than we could EVER read. Worrying about how we 'fit in' at work or with our business associates.

These things take up our time and energy every day. At this time of year, most folks add "enjoy the summer while it lasts" to their already long lists of things they really "should" do.

So this month I've chosen articles which help you fit it all in - personally and professionally - and a great tool designed to "hassle you" to make it happen!

Happy Summer -

Elene

Leadership Learnings - Telecommuters With Flextime Stay Balanced Up to 19 Hours Longer- Science Daily

In case you need proof to convince a reluctant boss or HR person, this study shows that telecommuters with flexible hours were able to 'fit in' up to 57 hours of work weekly without feeling stressed from lack of personal/professional balance. In contrast, the typical full time employee starts feeling out of balance at 38 hours/weekly.

[Find out more....](#)

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Email Exhale
[September 9 Webinar](#)

The Professional Woman's Voice

[November 6 Workshop - Western Suburbs \(Oak Brook\):](#)

[November 9 Workshop - Chicago](#)

Book Club for the Bandwidth Challenged
[November 5 Teleconference](#)

Career Management Corner - *Evaluate How You Fit Your Company Culture* - Marshall Goldsmith

You can't be successful unless your character, beliefs and values 'fit' with your company's culture. This article provides 3 tips to avoid becoming a 'casualty' of a culture conflict.

[Find out more....](#)

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Business Building Blocks - *10 Business Tips for Entrepreneurs* - Zeke Camusio

Common sense advice to help you 'fit' as an Entrepreneur. Tip # 1 - make sure you 'fit' with your clients/customers and don't try to please everyone!

[Find out more....](#)

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Enerpace Experts - *Creating Email White Space*- Jan Wencel

Have trouble making your email 'fit'? Too many? Unorganized? Jan has a process to actually create white space in your email inbox! What a concept!

Read her tips and then check out her September 9th webinar 'Email Exhale' featured in our Upcoming Events section!

[Find out more....](#)

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Enerpace News

1. Elene Cafasso Selected as a "Work Her Way" Expert

Her first contribution? The "Networking Story Which MUST Be Told".

[Find out more....](#)

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2. Please Vote for Enerpace Affiliate Coach Victoria Cook

All Enerpace Coaches are also successful owners of their own coaching firms. Victoria's "Guilt Free Coach" website has been selected as a finalist in "The Next Top Newsletter Challenge". Way to go Victoria!

[Find out more....](#)

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Cool Tools - *HassleMe*

Automate your nagging! This tool allows you to email yourself reminders to do those things you REALLY want to do consistently. While you control the reminder frequency, they control the tone of the email.

After being clued into this tool by a fabulous client, I set up two for myself. They're working just as effectively as I'd hoped.

So if you're trying to 'fit in' exercise, meditation, organization or making those sales calls, this is the tool for you.

[Find out more...](#)

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Great Books - *Now Discover Your Strengths - Buckingham & Clifton*

Feel like a fish out of water? Is work a struggle? Do things just not 'fit'?

Perhaps you're not playing to your strengths. This "oldie but goodie" book includes a password to access an assessment which will identify your top 5 strengths. Gallup's research shows a higher ROI when you work on improving your strengths instead of focusing on your weaknesses.

[Find out more....](#)

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"Success in life requires a short 'Yes' list and a long 'No' list." - Gary Ryan Blair

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