

The Enerpace PaceSetter

News as Individual as YOU are!

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Dear Subscriber,

Earlier this month, I had the pleasure of hearing Rachel O'Meara speak about the importance of pausing – you'll find her book and blog highlighted below. It was a great reminder to take advantage of summer's slower pace during the few weeks we have left!

Even thinking about pausing seems hard in our always-connected, always-busy world. But, Rachel points out that a "pause" can be as simple as 30-60 seconds to take a conscious breath. When she discusses "pausing in service of doing", it suddenly seems more possible.

From an Emotional Intelligence/EQ perspective, pausing is a *required* muscle to build. It's necessary for self-awareness, which is the very foundation of EQ.

What "Pause Moments" will you build into your week?

Elene

p.s. Check out my brand new "pause spot" - a screened in deck! Inside or out, Mark Leffler of Skillcraft Construction is professional & ingenious! Contact him @ m.leffler@comcast.net

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Upcoming Events



All events are open to the public and listed in Central Time:

Thank you for participating in our Emotional Intelligence Webinar Series over the last several months. We hope to have more in the Fall.

If you missed Enerpace's previous Emotional Intelligence webinars, there's still a chance to see them.

June Webinar:

"What's On Your Inner Playlist? Change the Tune & Create Sales Success!"

[Recording](#)

May Webinar:

"Corporate Politics Secrets from the C-Suite!"

[Recording](#)

April Webinar:

"Negotiating with Emotional Intelligence - Achieve More, Sell More!"

[Recording](#)

February webinar:

"Influence Without Authority Using Emotional Intelligence"

[Recording](#)

And, our offer of the EQ Group Action Session is still available. Learn **how you rate in all 15 Emotional Intelligence Competencies**, view your EQ results report and attend a 2-hour online workshop.

[Details](#)

Leadership Learnings

To Work Better, Work Less

Cody C. Delistraty, *The Atlantic*



Why work 120 hours/week when it's not required and no longer productive?

Some do! How can we shift to view "leisure time not as goofing

off...?" Rich food for thought from *The Atlantic!*

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Career Management Corner

10 Signs You're Burning out (And How To Stop It)

Dr. Travis Bradberry, *Linkedin Pulse*

If you are experiencing any of these warning signs then it's time to PAUSE!

That's where Enerpace comes in - to help you increase your EI and get back on track!

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Business Building Blocks

Getting Down to Business: Chicago's Top 5 Downtown Co-Working Spaces

[Alto Realty](#), *Marina-City Blog*

Sometimes the best way to pause is to actually change your location. A new environment or being



surrounded by people when you typically work from home can be very energizing.

Here are some of the best in Chicago from a local expert.

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Enerpace News

Happy 15th Anniversary to Us!

Thank you for the honor of being part of your network, careers and businesses. As our gift to you, please take advantage of our pre-recorded webinars. Access links are found to the [right](#).



Here's to the next 15!

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Enerpace Expert

If You're Fed Up with Your Job, Try Working More Pauses into Your Day

Rachael O'Meara, *Linkedin Pulse*



Need help working pauses into your schedule? Our expert will show you how!

Our Enerpace Expert's book is also under

[Great Books!](#)

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Cool Tools

The Secret to Making Your Weekends Feel Longer

by Patrick Allan, *LifeHacker*

Pause with EQ
and manage your
own time!

We'd all like our
weekends to feel
longer. To get
there it's a simple
solution and
makes you more adaptable and increases your
EQ.



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Great Books

Pause: Harnessing the Life-Changing Power of Giving Yourself a Break

by Rachael O'Meara



As we always
say at Enerpace,
"Put your
oxygen mask on
first" and "Keep
your energy
barrel full". This
book will help
you make these

sayings a reality!

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Quotes You Can Use

*"Stepping out of the busyness, stopping our
endless pursuit of getting somewhere else, is
perhaps the most beautiful offering we can
make to our spirit."*

Tara Brach (1953 -)
American psychologist and teacher of Buddhist
Meditation

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Go to www.enerpace.com to request
a complimentary coaching consultation!

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