

The Enerpace PaceSetter

June 2024 - Best or Worst of Times?



The Only Way to Elevate Your Company is to Elevate Your People

Hello Subscriber,

Did you notice there wasn't a newsletter from us last month? It's because we were celebrating my 'milestone birthday' with a trip to Sicily! It's been on my bucket list for years and it was an amazing experience!

THE BEST OF TIMES

We saw cities, beaches, ancient temples, farmland, cathedrals, amazing art, architecture from a variety of cultures and all 3 oceans around the island. I even got a huge compliment from my kid, who was shocked that I was so calm driving in Italy. So many people had warned me not to even try. (It's easy. Just don't follow the speed limit or any traffic regulation, and you'll fit right in!)

We ate the best meal of our entire lives in Nicosia with our cousins, at an agritourism restaurant on a farm. Even though we are, at best, their fifth cousins, they treated us like royalty. There were many moments during the trip where I was in tears of joy.

THE WORST OF TIMES

I got food poisoning the first night at a supposed 5-star all-inclusive resort. We had THREE rooms in our Catania hotel in just 12 hours, including one with a shower ceiling covered in mold. And I became intimately familiar with the Italian healthcare system.

A week before we left, I tore a calf muscle. After 6-8 hours on my feet sightseeing in Palermo, I ended up in the ER the next day. They checked me in quickly but said the wait would be 2-3 hours. After 3 hours, I was told it would be probably SIX more. I burst into tears. We were supposed to go see my grandma's hometown that day. And because I was sure our trip was ruined on day 2, because I couldn't walk.

My brilliant child had the audacity to remind me of my own words: "You ALWAYS say 'thoughts become things'. And also 'Everything always works out for us. It's just a matter of how *interesting* it will be along the way.'" While I can't say I truly appreciated it at the time, it was the perfect reminder - - and it DID keep me from spiraling down a very slippery slope!

I really DO believe that even when we can't change a situation, we can change how we are BEING in that situation. I wanted to BE a woman who didn't lose her prepaid hotel room and car rental! A fellow patient told us that the only way to be seen quickly in an Italian ER is to come in by ambulance. I decided to just call one in the next town if my leg got worse. (It didn't.) So, we left, got the car and took off for the next stop.

THOUGHTS CREATE OUR REALITY

Best or worst of times? We can apply this question to our world right now.

Maybe it's the best of times? We survived a pandemic, the economy hasn't gone into recession. It's summer.

Or is it the worst of times? We're facing an election that will determine if our democracy survives. Half the country lives in a world of "alternative facts" where objective reality doesn't equal truth. We could see a President operating from jail, because the Founding Fathers never thought citizens would be greedy enough or crazy enough to vote for a convicted felon.

Then there's climate change, which has gotten very real and scary, very quickly. Wars. Inflation. I could go on, but I'm depressing myself.

WHAT CAN WE DO?

Choose our thoughts. Make them the good ones that empower us to action.

Vote. Donate to causes that align with your values.

Choose who you associate with. Energy is contagious. Practice saying "I can't believe you said that out loud" if you find yourself with someone in that alternate reality. Maybe if they hear it enough times, it will sink in. One can hope!

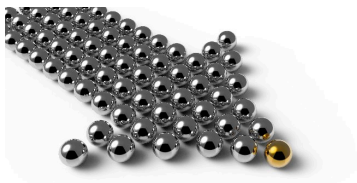
Enjoy nature and the beautiful world we still have. Take care of yourself and recognize that we all need a lot more self-care and a lot more focus on putting energy into our "energy barrels". Living in this world right now is certainly draining.

SO WHICH IS IT?

It is the best or worst of times? Yes.

We are responsible for making it so.

Elenet



**"A person is limited only by the thoughts
that he chooses."**

James Allen (1864 - 1912)

British Philosophical Author and Poet



Leadership Learnings

If we're all so busy, why isn't anything getting done?

De Smet, Hewes, Luo, Maxwell and Simon, McKinsey & Company

Too many of us spend our days in unproductive meetings instead of effective collaboration. Decision making, information sharing and creative problem solving are 3 distinct meeting purposes and each need their own management style.

We agree with their emphasis on clarifying meeting purpose, structure and decision rights. Those 2 best practices can save you hours of time each day!

[Read More](#)



Business Building Blocks

Hybrid work really is effective, according to new research

Art Markman, Fast Company

This interesting new research on hybrid work shows it does allow for happier and more content employees.

This study supports what we see as a best practice. Although more organizations are requiring all or most days in the office, they're also having trouble attracting and retaining the best talent.

[Read More](#)



Upcoming Events & Enerpace News

Make it the "Best of Times" by choosing to contribute your time and energy to the organizations that share your values! That's what some of our Enerpace Team chooses to do.

Enerpace Coach, Dr. Candace Goodwin's charity, [My Charlie's Heart](#), provides hygiene packs for homeless shelters, soup kitchens and domestic violence shelters.

Enerpace Founder and Head Coach, Elene Cafasso, donates pro-bono coaching to organizations like [Blessings in a Backpack](#) and [Special Olympics](#).



And, Enerpace's Administrative Assistant & Project Manager, Jackie Salek (on the left) was recently recognized as a board member and a long-time site volunteer for the [Elmhurst Walk-In Assistance Network](#).



Enerpace Tool

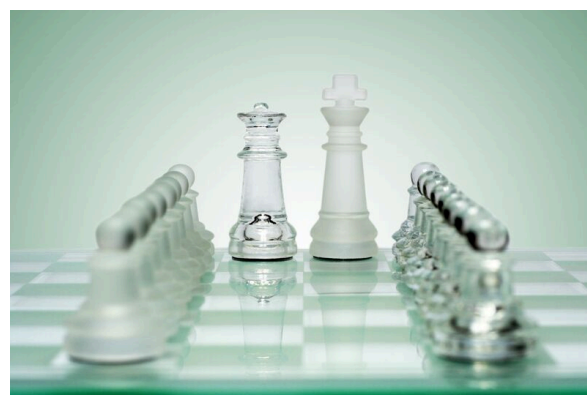
Saboteur and PQ Score Assessments

Shirzad Chamine, *Positive Intelligence*

Here are 2 free tools to help us choose our thoughts. When we recognize the "Mental Saboteurs" that get in our way, our mind can work for us instead of against us.

Want to learn more? Enerpace Coach Ari Moisiades is certified in the tools and coursework and can guide you through the program.

1. By taking the [Saboteur Assessment](#), you'll discover the mental Saboteurs that get in the way of your peak performance, well-being, and relationships.



Great Books

Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential AND HOW YOU CAN ACHIEVE YOURS

by Shirzad Chamine

Your mind is a powerful tool! This book helps identify the "saboteurs/gremlins" that prevent you, your team and your organization from being exceptional.

This book provides tools to reach your highest potential, making it great for both your professional and personal life!

2. Determine your current level of mental fitness with the [PQ Score Assessment](#). It measures the percentage of time your mind is working for you vs. against you.

[Read More About Positive Intelligence](#)

[Read More](#)

The Only Way to Create an Exceptional Company is By Elevating Your Leaders and Teams. That's What We Do.

We have Solutions for Individual Leaders, Teams & Entire Companies

Go to [Enerpace.com](https://enerpace.com) to request a complimentary consultation or contact us at

#630-832-4399 or mail@enerpace.com

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