

The Enerpace PaceSetter

News as Individual as YOU are!

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Hello Subscriber,

We talk a lot about the reptilian brain with our clients to help them make more powerful choices. It also increases effectiveness when you avoid triggering that fight/flight/freeze response in others.

Sadly, it feels like our country and much of the world is operating from this very reactive place. At some point, we can become numb and tune out all the bad news for self-protection.

Yet compassion can break through that protective shell! Our country united to protest children being separated from their parents at the border. We were snapped out of our reptilian brains and able to be proactive for a cause.

Compassion enables empathy, a key emotional intelligence competency important for leadership. If we can FEEL what it's like in another's shoes, it's much easier to find a solution.

Who in your life, personally or professionally, are you judging or seeing as "other" in some way? What would be possible if you viewed them with compassion? I challenge you, and me, to find out!

Compassionately -

Elene

In This Issue

[Leadership Learnings](#)

Trust Revolution

[Career Management Corner](#)

You're Taking Breaks The Wrong Way, Here's How To Fix That

[Business Building Blocks](#)

10 Reasons Nice Bosses Finish First

[Enerpace News](#)

[Enerpace Expert](#)
Never Be Bullied Again

[Cool Tools](#)
Unstuck

[Great Books](#)

[Quotes You Can Use](#)

Upcoming Events

[Enerpace Leadership Quiz](#)

P.S. Time for my annual appeal! Please support my daughter's fundraising efforts to find a cure for Alopecia. More details are in the [Enerpace News](#) section, but you can cut to the chase and donate here: <https://support.naaf.org/fundraiser/1490670> We thank you!

Do you have the compassion it takes to be a senior leader?

Take our easy, five minute leadership quiz! Are you an Emerging Leader, a Middle Leader, or a Senior Leader?

Enerpace will provide a path to get you to the next leadership level!

[Find Out More](#)

Leadership Learnings

Trust Revolution

Joshua Freedman, *SixSeconds*



Learn about the importance of trust in the people and organizations we interact with on a daily basis. Check out Paul Zak's trust strategies. His book, [Trust](#)

[Factor: The Science of Creating High-Performance Companies](#), is featured below.

Be sure to check out the bottom line recommendation – it all comes down to compassion.

[Find Out More](#)

[Back to Top](#)

Career Management Corner

You're Taking Breaks The Wrong Way, Here's How To Fix That

Jory Mackay-Zapier, *Fast Company*

Great tips on how to come back from a break revitalized - it makes you more productive.

Show some self-compassion and give yourself a break the right way.



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[Back to Top](#)

Business Building Blocks

10 Reasons Nice Bosses Finish First

Dr. Travis Bradberry, *LinkedIn Pulse*

Successful leaders have high Emotional Intelligence (EQ) and empathy is a key component of EQ.

Guess what you need to be empathetic? The ability to put yourself in someone else's shoes and feel what they're feeling. What's the end result of that? Usually compassion!



So remember,
compassion is
good for
business too!

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[Back to Top](#)

Enerpace News

It's that time of the year again! It's time to share with you my favorite charity, National Alopecia Areata Foundation (NAAF). And why is it my favorite? Because my beautiful daughter (& 8th grade graduate), Maria, has Alopecia.



Please consider a donation to help NAAF find a cure. Donations received by Wednesday, June 27th, count for Maria's fundraising total in the annual walk-a-thon at the NAAF conference she's attending this week. She's been in the top 10 every year and we want to help her keep that record!

<https://support.naaf.org/fundraiser/1490670>

Our family and NAAF would be grateful for any amount you can contribute. Thank you!

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[Back to Top](#)

Enerpace Expert

Never Be Bullied Again

Sam Horn, *LinkedIn Pulse*

Are you dealing with a workplace bully who shows no respect or understanding? Are you wondering how to handle this difficult situation?

Learn how to deal with the compassion's opposite extreme with these great tips.

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[Back To Top](#)



Cool Tools

Unstuck: Getting Stuck is a Chance to Make Life Better

Unstuck, www.unstuck.com

This website is chock full of advice, articles, steps, and tools -- no matter what kind of stuck you find yourself in!



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[Back To Top](#)

Great Books

Trust Factor: The Science of Creating High-Performance Companies

by Paul Zak



At Enerpace, we have a saying, "*People do business with those they like, **trust** and respect*".

This book is a great resource to help creating that level of trust that folks want where they work - and where they do business.

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[Back To Top](#)

Quotes You Can Use

"A moment of self-compassion can change your entire life. A string of such moments can change the course of your life."

Christopher A. Germer
PhD in Clinical Psychology, Lecturer on
Psychiatry at Harvard Medical School, Author,
Private Practitioner Specializing in Mindfulness
and Compassion Based Psychotherapy

[Back To Top](#)

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

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