

The Enerpace *PaceSetter*

News as Individual as YOU Are



June, 2014

In This Issue

[Leadership Learnings](#)

Manage Your Time Without Annoying Your Coworkers

[Career Management Corner](#)

Your Post 50 Job Search: 4 Ways to Conquer the Age Factor!

[Business Building Blocks](#)

10 Talents that Drive Entrepreneurial Success

[Enerpace Expert](#)

Lauren Foster Ethical Wills

[Enerpace News](#)

[Cool Tools](#)

[Great Books](#)

[Quotes You Can Use](#)

[Upcoming Events](#)

Dear Subscriber,

Towards the end of the musical "Wicked", the green witch Elphaba sings "I'm limited. Just look at me, I'm limited." **Quite** a change from the show-stopping "Defying Gravity" declaration that concludes the first act. In that song, Elphaba claims her power and decides to live by her own ethical code and UNlimited powers!

"Defying Gravity" would make a great anthem for coaches. After all, we hold our clients' magnificence for them, until they are ready to see it for themselves.

Unfortunately, THIS coach is feeling extremely limited today. A root canal, that made things VERY much worse before getting better, and 2 weird "minor" injuries have hobbled me up to the point where my car is now on autopilot daily to the chiropractor's office.

And then if that wasn't enough fun, all the technology goblins came out to play. I've been trying to get this newsletter out for the past FOUR days!

So -what's the message?? Doesn't the Universe know that I have no time for this? Or, is it in fact a message that I MUST slow down, one way or another, after an amazingly hectic 2nd quarter?

Well, I've realized that these are all definitely "1st World Problems"! I'm choosing to shift my perspective to be one of gratitude. Surprised after such a woe-is-me story?

I'm grateful the endodontist took my after-hours call and squeezed me in the next day. I'm grateful I was able to talk well enough the following day to keep my speaking engagement commitment and still travel to the ICF conference, which was wonderful. I'm grateful my schedule was light enough last week to fit in all the chiropractor appointments, and that she found time for me. And I'm grateful for my fabulous network and Enerpace team, who help me through the technology and scheduling challenges.

What limits and limitations are YOU dealing with right now? What is the message for you?

Would love to hear - - hit reply and let me know!

Have a happy and safe 4th -

Elene

Upcoming Events

(All Listed in Central Time)
"Ten Legal Tips for Small Business Success" - Webinar, Friday, 7/11/14 @ 12 noon CT
[Details](#)

"Conversational Capacity" - Webinar, Friday, 8/1/14 @ 12 noon CT
[Details](#)

"Coaching Skills for Leaders Workshop" - Saturday, 9/20/14 from 9 to 1 pm CT
[Details](#)



Maria and her "Alopecia Mom" leading the 2014 Annual "Tortoise and the Hair" Fundraiser Walk

P.S. THANK YOU for your generous support again this year! Maria once again was a Top 10 Fundraiser, coming in at #8 this year.



Maria is in the center, 3rd from the right, with her "top 10" fund raising peers!

LEADERSHIP LEARNINGS

Manage Your Time Without Annoying Your Coworkers

Amy Gallo, HBR

Time is probably the #1 limitation keeping our clients from doing and being all they wish. Even though we all share the same 24 hours limit each day, here's a way to use them more effectively.

[Find Out More](#)

[Back to Top](#)



CAREER MANAGEMENT CORNER



Your Post 50 Job Search: 4 Ways to Conquer The Age Factor!

Mary Eileen Williams, *Huffington Post*

Don't let your age limit your job search. You have the confidence and the experience that you can't get any other way.

Instead, follow these simple steps to turn your age into an advantage!

[Find Out More](#)

[Back to Top](#)

BUSINESS BUILDING BLOCKS

10 Talents that Drive Entrepreneurial Success

Sangeeta Bharadwaj Badal, Ph.D.,
GALLUP Business Journal

Could any of these traits be impacting your business results? Is it possible to be an entrepreneur without them....or is this a hard limit? Check out this article and see if you agree!



[Find Out More](#)

[Back to Top](#)

ENERPACE NEWS



1. Although we're usually just starting our careers in our early twenties, these are still important years of your professional life. Read "*30 Smart Moves You Should Make by 30*" for some great advice from career coaches and other experts.

Enerpace advice is #25!

[Find Out More](#) [Back to Top](#)

2. As an Entrepreneur, getting new customers can be a challenge. Check out Enerpace's advice at #5 in "*Entrepreneurs Share How to Get Customers*".

[Find Out More](#) [Back to Top](#)

3. The Enerpace coaches are coming together again for our September workshop, "Coaching Skills For Leaders" on Saturday, 9/20/14. You'll get lots of hands-on practice and demos . This workshop is great for anyone who works with

people and wants to learn how to be a better leader! Sign up now and get it on your calendar!

[Find Out More](#)

[Back to Top](#)

Enerpace Expert

Ethical Wills

Lauren Foster, *Bequeathing Smart Strategies*

We thank to our brilliant estate planning and elder law attorney, Ben Neiburger of [Generation Law](#), who introduced us to this great idea.

If the limits of a legal will don't allow you to tell your loved ones all you wish, an ethical will is your solution. And this article will take you through the benefits and steps to creating your own ethical will.



[Find Out More](#)

[Back to Top](#)

COOL TOOL

Wasteful Thinking

GiveMore.com

Learn about the most common ways that you are your own worst enemy.

Need a reminder to stay on track? Download this PDF to make sure you get rid of these limiting beliefs!



[Find Out More](#)

[Back to Top](#)

GREAT BOOKS

Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way

by Rick Carson

Limiting beliefs, saboteurs, inner critic - - no matter what you call them, are merely a self-preservation mechanism gone VERY wrong. They're keeping us stuck.

Learn how to tame these "gremlins" - - or at least get them out of your way!



[Find Out More](#)

[Back to Top](#)

QUOTES YOU CAN USE

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them --every day begin the task anew."

St. Francis de Sales, Bishop, Writer, and Saint (1567-1622)

[Back to Top](#)



You are receiving this email either because you have asked to receive Enerpace's newsletter or because you have met or interacted with Elene Cafasso or a member of the Enerpace team. It is hoped that this information is useful to you. Please feel free to pass this information on to a friend who you feel will find it useful. We absolutely respect your privacy. To no longer receive our emails, select the "Manage Your Subscription" button in the lower left hand corner below.