

The Enerpace PaceSetter

News as Individual as YOU are!

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[Enerpace](#) | [Upcoming Events](#) | [Enerpace Team](#) | [Enerpace Workshops](#) | [Contact Us](#)



June 2015

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Dear Subscriber,

Happy Summer! Even though it doesn't always feel like it here in Chicagoland...

Know what homework I've been assigning to my clients all month? Schedule a vacation! Consider yourself given this assignment too - - you can be our "newsletter clients". Even getting the time off blocked at work helps improve your mood and your energy.

Taking my own advice, Maria and I are off to California for some vacation and her alopecia conference. (Not too late to donate by the way - see the link in the P.S.) You've been so generous that we've raised more money than in any prior year. If Maria makes the top fundraisers list again, I promise to post a photo in next month's PaceSetter.

To help you complete your homework, the topic this month is vacations: why they're important and how to make the week before and the week after less crazy! This is no small feat, but begins with a simple decision: I will NOT allow myself or my workload to get in the way of a rejuvenating time away.

Sound impossible? It's not. Early in my coaching practice, I learned the power of this decision. A partner in a consulting firm was actually DREADING her vacation because she was always crazed and

In This Issue

Leadership Learnings

5 Reasons Why Smart Leaders Take Vacations

Career Management Corner

Ease the Pain of Returning to Work After Time Off

Business Building Blocks

How to Take a Productive Yet Refreshing Vacation

Enerpace News

Enerpace Expert
Stephanie Rosenbloom

Cool Tools
Vacation Countdown Apps

Great Books

Quotes You Can Use

Upcoming Events

up all night before leaving, worked part of every day, and was just buried when she returned. Unacceptable. I asked her a powerful coaching question: how can you make this completely different? Know what? She did! She planned a month in advance and found junior consultants she brought up to speed to handle her projects. Peace of mind for her and developmental opportunities for them. Then we looked at her vacation week, and she determined 3 meetings she really wanted to be part of. Those were scheduled early in the morning so she could conference in and then enjoy the rest of her day. Basically, she proactively put boundaries around how much she would work and when, and communicated those in advance so there were no surprises for her stakeholders. With everything planned out, she was able to mentally unplug and came back refreshed to find no fire drills! The articles this month will help you create the same experience!

Finally - a favor. We are redesigning our website and have been hearing folks would prefer videos to text. Is that true for you? When do you like them? When do you not? Please help us by competing a 5 question, 2 minute, multiple-choice survey here:

<https://www.surveymonkey.com/s/82LWN5S>

For your coaching accountability, please be sure to let me know you booked your vacation and where you're going! J
Elene

p.s. Please consider donating to our walk-a-thon, raising funds for the National Alopecia Areata Foundation (NAAF). My daughter Maria & I will be walking 4 miles for a cure!

<http://support.naaf.org/ILTeamMaria>



(All listed in Central Time)

"5 Easy Steps to Get Hired or Get Promoted" - UCWBG July Webinar, Friday, 7/10/15 @ 12 noon CT
[Details](#)

Workshop for St. Raphael's Career Transition Group - Saturday, 8/22
More info to come!

Enerpace has recently partnered with the [Quality Training Institute\(QTI\)](#). QTI offers a variety of courses for professional development and career growth. And, along with other QTI trainers, Enerpace is offering [our successful workshops](#) that we have provided over the years.

Click [here](#) to learn more about QTI and the upcoming workshops and events.

[Back To Top](#)

Leadership Learnings

5 Reasons Why Smart Leaders Take Vacations

Fiona Moriarty, *Linked 2 Leadership*



Schedule it in your calendar! As we say here at Enerpace, you need to "refill your energy barrel." It's important for you, your employees, and your company.

You'll be surprised at the benefits of taking a vacation!

[Find Out More](#)

[Back to Top](#)

Career Management Corner

Ease the Pain of Returning to Work After Time Off

Alexandra Samuel, *Harvard Business Review*

That first day returning to work after a vacation can be a tough one. Which is why it's important to plan ahead!

Cut yourself some slack and follow these useful tips to get back into your regular routine!



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[Back to Top](#)

Business Building Blocks

How to Take a Productive Yet Refreshing Vacation

Dorie Clark, *Harvard Business Review*



As a small business owner myself, I am challenged to include both relaxing time and practical time in my get-aways.

Take advantage of these ideas to create a gratifying

and worthwhile vacation!

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[Back to Top](#)

Enerpace News

1. In the article, "How to Stand Out When You Work from Home," Enerpace offers some advice on how to have success even when you don't have daily contact with your boss and co-workers.

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

2. We are asking for your input! This is a very unscientific, short and anonymous survey.



Here's the question: Do you watch videos when you are looking at a website? There seem to be a lot of them out there and some folks love them and some hate them.

Since we pride ourselves on providing "Coaching as individual as YOU are", we want to give you what YOU want. So please click on the survey link below to answer 5 quick multiple choice questions!

[Survey](#) [Back to Top](#)

Enerpace Expert

What a Great Trip! And I'm Not Even There Yet

Stephanie Rosenbloom, *NY Times*



Planning your trip away can actually be part of the vacation. Why not enjoy your vacation before, during and after?!

[Back To Top](#)

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Cool Tools

Vacation Countdown Apps

There's an app for everything! Try these Vacation Countdown Apps to count the days, minutes and hours. Remember that part of the fun of a vacation is anticipating it!



[Find Out More](#) (Apple)

Great Books

Enerpace Bookshelf



Since we can't tell you what you'll feel like reading on your vacation, we've decided to give you a link to our 'bookshelf' where you can browse

the books we recommend to our clients!

Although set up as a 'store' linked to Amazon, we don't receive any money if you buy through this link. It's for our convenience and yours that we continue to maintain it.

Also, check out your public library – in our hometown we can download Kindle books for free! Less to carry = happy traveler.

Quotes You Can Use

"Sometimes you have to step outside of the person you've been, and remember the person you were meant to be, the person you wanted to be, the person you are."

H.G. Wells
(1866 - 1946)
British Author

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