

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

March 2019

Hello Subscriber,

I love cruises. I blame my astrological chart – I'm a Cancer, which is a water sign. And this month I was lucky enough to go on a cruise with two stops in Mexico, where I learned a great deal about the Mayan culture.

The Mayans believed in duality and balance in all things: sun/moon; night/day; life/after-life. The circular shape was sacred to the Mayans. They didn't use the wheel as a tool, because that would be disrespectful, yet built circular homes aligned with where the sun rose and set on the day construction began.

Two days before my vacation, a client I've been working with for more than 10 years passed away suddenly. We built his business, his path to leadership and celebrated last year when he became a partner in his Fortune 500 firm. And we were already starting to work on what was to come next.

His death has hit me like the death of a family member, and is one I only seem to be able to process in small doses. I mourned him nightly on my balcony with the ocean while I was away, and thought about the duality I was experiencing. I had the blessing and honor of walking with him as he built his career. I got to cheer him on as he took ideas we brainstormed and turned them into game changers for his business, region and firm!

Yet now I have the curse of knowing what was left undone. What he wanted to still create for his wife, his kids, his clients and his team. The unfairness of it. The loss of what was yet to be. The moments where his kids won't have him physically present. It keeps me in tears knowing how much he wanted all that.

I've found a few ways to honor this amazing, talented, humble and hardworking man, who I am proud to call my friend as well as my client. For instance, I've made it a point to honor and thank my clients on our calls this week. Being part of their journey is something I have always held as sacred. I'm making sure they know how much I care about them as people too.

Life/death. Joy/loss. Winter leads to Spring and rebirth. Let's value it.

Elene



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Upcoming Events

[Build Your Leadership Resilience: Extreme Self-Care](#)

Wednesday, 5/1, 12-1pm cst, University of Chicago Mind Your Career Webinar

Join Elene when she offers this webinar and shares her 12 Keys to Extreme Self-Care that she utilizes with her clients.

Athletes know they can't perform ON the field if they don't take care of themselves OFF the field. The same rule applies to us as leaders! Yet often self-care goes out the window due to deadlines, family obligations and other stressors.

The way we show up energetically is a HUGE component of Executive Presence. We are the product, just like the athlete on the field. This is especially true when we're in a career transition.

This session will help you maximize your job search effectiveness and enhance your Professional Brand by practicing Extreme Self Care. Learn how to energize your life by taking extremely good care of yourself – without being selfish!

To register: <https://register.gotowebinar.com/register/2574616825220748301>

Find Out More

Learn to Be a Master Coach

Tuesday, 6/25, 1-2pm cst, Moore Master Coaching Webinar

Listen to Elene coach in a "real world" session! As a Master Certified Coach, Elene will be sharing how she coaches while others can observe. There is a debrief and question session afterwards.

Interested in learning about coaching? Want to learn more about this opportunity? Click on the link below. And, if you decide to join Elene, there is a Discount Code (ECAFA) to get 50% off of her session.

Find Out More

ELENE CAFASSO COACHES LIVE!

June 25, 2019 1-2pm CDT



Ask questions, get MP3 & CEU's

Use code ECAFA for 50% off

www.MooreMasterCoaching.com



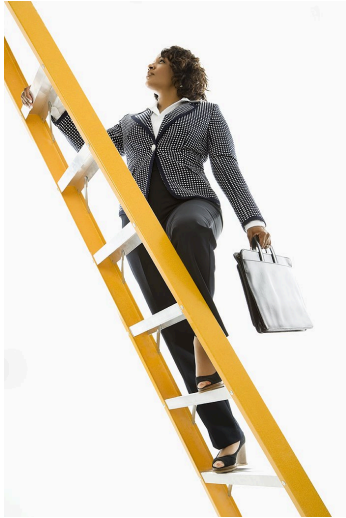
Leadership Learnings

The Best Strategic Leaders Balance Agility and Consistency

John Coleman, *Harvard Business Review*

A topic we coach with our leaders! Change is the new norm so how do you become more agile and make that a more consistent practice with your team and within your firm?

[Find Out More](#)



Career Management Corner

How to Forget About Work When You're Not Working

Art Markman, *Harvard Business Review*

In order to take advantage of the work/personal duality, we need to be able to detach from work mentally as well as physically.

Here are some ideas to try when that's easier said than done.

[Find Out More](#)



Business Building Blocks

5 Feedback Questions to Help Employees Grow and Improve Engagement

Shane Metcalf, *Association for Talent Development*

Great questions to get your employees thinking about where they've been and where they want to go. And, builds a better relationship!

[Find Out More](#)



Enerpace News

Did you know we offer solutions for companies and teams, not just individuals?

Click below to learn more!

[Find Out More](#)



Enerpace Expert

What Is In a Name?

Dr. Deborah Ashton, *Diversity MBA Magazine*

He/she or they/them? An expert on diversity weighs in on how to handle this duality that no longer automatically applies.

[Find Out More](#)



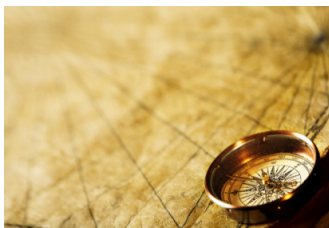
Cool Tools

“Personal kanban”: a life-changing time-management system that explodes the myth of multitasking

Lila MacLellan, *Quartz*

Efficiency and multi-tasking: do they go together or are they opposites? Here's one approach to help you focus and bring project tasks to completion.

[Find Out More](#)



Great Books

Polarity Management: Identifying and Managing Unsolvable Problems

by Barry Johnson

Dualities in business often show up as polarities – things that are neither good or bad on their own. For instance, change and consistency. Neither inherently good or bad. Both can enable companies to flourish.

[Find Out More](#)



Quotes You Can Use

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

President Theodore Roosevelt

26th President, Conservationist, Writer (1858 - 1919)

One of my deceased client's favorite quotes....and one that he lived fully.

Ready to learn more?

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

Questions? Contact us today 1-630-832-4399



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