

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

March 2020

Hello Subscriber,

In the musical *Hamilton*, at the end of the Battle of Yorktown scene, they repeatedly sing “the world turned upside down”. That’s how unbelievable it felt when the rag tag army of Americans was able to defeat a global super power.

These words have been in my head for most of March. Our world too has been turned upside down by this pandemic. Will this be our “new normal”? Will our investments recover? Do we just wait it out and eventually things will return to our “old normal”? Nobody really knows.

There are SO many free resources available to us now for entertainment, education and staying connected during this time – it’s beginning to feel a bit overwhelming. The Enerpace team has been discussing what we can do to contribute as well.

We’re starting with this monthly newsletter. As always, we’ve curated the best of what we’ve found on increasing your effectiveness during these times.

The sharing of best practices across really great leaders is something ingrained in Enerpace's DNA. We are continuing to do that daily, with most of our clients wanting to focus on crisis management right now.

The best and most important thing a leader can do is to connect and communicate. Reach out beyond your direct reports to your entire organization. Hold skip-level meetings virtually. What to talk about? What they are concerned about. What they need most. What you can tell them with certainty

and what you can't. And use it as an opportunity to get to know them as people – especially if you see kids and pets running around in the background!

Please remember that we are ALL operating from our reptilian brains more than ever, since we are basically in a constant state of threat until a vaccine is developed and the pandemic subsides. This creates a huge leak in our “energy barrels”, which means we need more self-care to stay resilient as leaders.

Until next month, take one day at a time and remember that this too shall pass –

Elene



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Kathleen Basford

[Enerpace Website](#)

Upcoming Events

As is the case with most businesses, our in-person upcoming events have been canceled. We are still working virtually and we are here if you want

support navigating through this pandemic.

Need help focusing and prioritizing? Moving through the crisis with change management?

Contact us using the form below, call 630-832-4399 or just hit reply to this email. We'll help you find the right solution!

[Find Out More](#)



Leadership Learnings

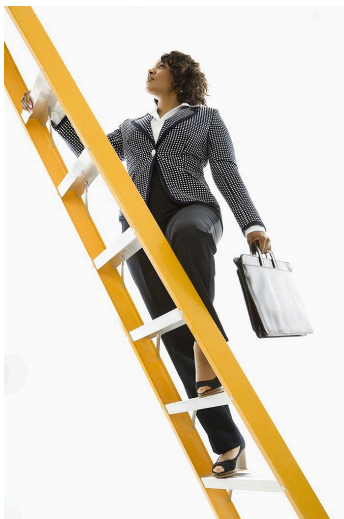
How to Reassure Your Team When the News is Scary

Allison Shapira, *Harvard Business Review*

Now more than ever you need to use your emotional intelligence (EI) skills with your team!

Remember, Intrapersonal EI means that you are aware of and able to manage YOUR emotions. Get clear on your emotions and what YOU need during this time, before you try to reassure your team.

[Find Out More](#)



Career Management Corner

5 Ways Science Shows Us How to Work Better Virtually

David Rock, *Forbes*

For some of us, working virtually is not ideal or we may prefer the in-person method of communication. Yet others have been doing this for quite a while. Either way, we can all use some of these helpful tips right now!

[Find Out More](#)



Business Building Blocks

5 Priorities for CEOs to Manage During a Crisis

Vistage Staff, *Vistage*

An important part of crisis management is identifying which things are within, or out, of your control. It starts with accepting the reality of the crisis situation and then following these steps to prepare and be ready.

[Find Out More](#)



Enerpace News

At Enerpace, we're doing our part to practice "Social Distancing". We are very grateful for our team, corporate and individual clients, as well as our many alliance partners and affiliates, that we are lucky enough to work with on a daily basis.

We wish health, strength and peace for all those on the "front lines" and for all those that are still working in the grocery, restaurant, mail industries and all the other very necessary services.

Remember to take care of yourself. Without extra self-care, you won't be able to take care of your career, your business and all those you care about.

[Find Out More](#)



Enerpace Expert

FAQ on Stimulus Checks, Retirement Plan and Student Loan Provisions

Lisa Niser, lisaniser.com

This amazingly clear FAQ by a wonderful Chicago accountant will answer some of the many questions you may have on the Federal stimulus checks and other important matters.

[Find Out More](#)



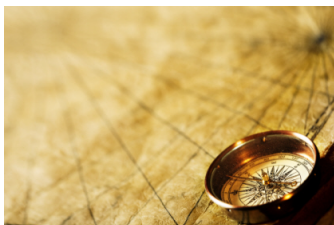
Cool Tools

A Tool for Times of Uncertainty

Christi Hegstad, *Christi Hegstad Blog*

If you feel helpless at times, use this "Power Circle" tool to get clear on where you do have some control. If your short of ideas, Christi provides a great list of some things you CAN do even while quarantined!

[Find Out More](#)



Great Books

Indistractable: How to Control Your Attention and Choose Your Life

by Nir Eyal

There's a lot on our minds right now. So how do you continue on with your goals and plans? This book will help.

[Find Out More](#)



Quotes You Can Use

It is when we are confronted with ... poignant reminders of mortality that we become most aware of the strangeness and wonder of our brief life on earth.

Kathleen Basford (1916 - 1998)

British Botanist, Special Interest in Genetics

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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