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March, 2011

# The Enerpace PaceSetter

## News as Individual as YOU Are

### In This Issue

#### [Leadership Learnings](#)

Are You a Rebel or a Leader?

#### [Career Management Corner](#)

Stressed at Work? How to Move Up or Out

#### [Business Building Blocks](#)

Why Libraries Have the Fix to Office Distractions

#### [Enerpace Experts](#)

#### [Enerpace News](#)

#### [Cool Tools](#)

#### [Great Books](#)

#### [Great Quotes](#)

#### [Upcoming Events](#)

Dear Subscriber,

This month's edition is inspired by Carol Roth, a woman I greatly admire. Her book, *The Entrepreneur Equation*, was released this month and is featured in our "Great Books" section. Carol's built her brand by being willing to tell folks they have "spinach in their teeth" - which is one of those truths we all need to hear, no matter how uncomfortable it might make us at the time.

So this month's *PaceSetter* is all about taking a hard look at the truth: Are you a rebel or a leader? A leader or a manager? Are you tolerating a toxic work environment? How much are you truly getting done at work? Have your presentations lost their punch? Are you really cut out to be an entrepreneur?

I always say coaching is 90% awareness so you can make a conscious choice. This issue is designed to bring you the awareness. If you need help on the conscious choice part, give

## Upcoming Events

[Visit our website for more information about Enerpace events.](#)

### [Networking: Create a Network that Works!](#)

Sat. April 16th  
9 a.m. - 12 p.m.

### [What's on Your Inner Play List? Change the Tune & Create Job Search](#)

[Success!](#) - Wed. May 18th  
St. Joseph the Worker  
Ministry @ St. James the  
Apostle Church 7 p.m.

To receive more links to  
articles of interest  
throughout the month:



us a call. All Enerpace coaches care enough to speak the truths you may need to hear!

Happy Spring - -

Elene

### **Leadership Learnings - Are You a Rebel or a Leader?** -Nilofer Merchant - HBR

Ever been in a meeting where no one would disagree or speak the truth? If someone does, are they a rebel? Great food for thought on how to redefine those brave enough to speak to the elephants in the room!

[Find out more....](#)

[Back to Top](#)

### **Career Management Corner - Stressed at Work? How to Move Up or Out.** - Stephanie Overman, Fortune

SO many of our clients experience toxic levels of work stress - in some cases, almost daily! This article provides exit strategy tips and a great reminder: WE are responsible for managing our own careers and taking charge of our own lives. Life is too short already without stress-related illnesses leading us to a premature death!

[Find out more....](#)

[Back to Top](#)

### **Business Building Blocks - Why Libraries Have the Fix to Office Distractions** - Mike Michalowicz, TPE

We've been preaching this message for years! So many entrepreneurs never make the time to work ON their business because they're too busy working IN their business. Our solution? Run away from "home" and get to the library for some solid thinking time. This article provides another way to accomplish the same objective.

[Find out more....](#)

[Back to Top](#)

### **Enerpace Experts - *Managers vs. Leaders* - Dr. John Kalaras - Quality Training Institute**

Are you an effective manager? An inspirational leader? Want to be one more than another? This simple chart explains the key differences and provides a wonderful reference tool for use in creating developmental plans.

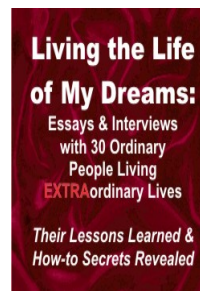
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[Back to Top](#)

### **Enerpace News**

#### **1. *Living the Life of Your Dreams: an e-book***

Elene Cafasso contributed a chapter to this e-book which was released 3/9. It's doing so well that a paperback version may not be far behind.



[Find out more....](#)

[Back to top](#)

## **2. Gen Y Paving the Highway to the Future**

Elene was part of a panel discussion in January that was recorded by WBEZ. You can learn something by taking a listen - whether you're Gen Y yourself, or part of an earlier generation trying to figure out how to work with this mysterious species!

[Find out more....](#)

[Back to top](#)

## **3. The Scary Truth: 9 Out of 10 People Regret Accepting Counteroffers**

Elene contributed her tips about what to do if your boss makes you a counteroffer after you've accepted a job from another firm. It can be summarized in 3 words: Don't take it! :-)

[Find out more....](#)

[Back to top](#)

## **4. Office Treats or a Bowl of Germs?**

And last but not least, we close with a chuckle! Elene's favorite print reporter has recorded Elene's 2 cents on the subject of sharing food!

[Find out more....](#)

[Back to top](#)

## **Cool Tools - *Prezi***

Getting tired of Power Point? Does the thought of sitting through another slide show make you run screaming from the room? Then check out this very cool tool to make presentations come alive in a whole new way!

[Find out more...](#)

[Back to Top](#)

**Great Books - *The Entrepreneur Equation: Evaluating the Realities, Risks, Rewards of Having Your Own Business* - Carol Roth**

There are a million books out there telling us how to start and grow a business. This book uniquely points out that not everyone SHOULD start a business! It's written in Carol's honest, funny and no-holds-barred style. A must read for anyone thinking about becoming an entrepreneur!

[Find out more....](#)

[Back to Top](#)

**Great Quotes - *Albert Einstein***

"You are not here to try to get the world to be just as you want it. You are here to create the world around you that you choose".

[Back to Top](#)

email: [mail@enerpace.com](mailto:mail@enerpace.com)

phone: 630-832-4399

web: <http://www.enerpace.com>