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# Enerpace, inc.

Executive and Personal Coaching

May, 2009

## The Enerpace PaceSetter



**News as Individual as YOU Are**

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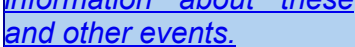
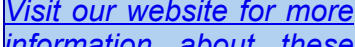
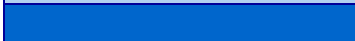
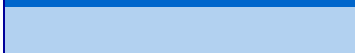
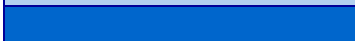
Dear Subscriber,

Welcome to Enerpace's May edition of the "PaceSetter"!

April and May have flown by as we've been invited to present some fabulous workshops on two of the hottest topics in business right now: Generational Diversity and Emotional Intelligence (EI).

These topics are really interrelated. At Enerpace, we define EI as having the awareness of your emotions and the emotions of others, and the ability to manage both to achieve your goals. Those with strong EI skills have a great deal of success navigating through a generationally diverse workforce!

This month's issue features several articles and resources designed to help YOU work on your

[Great Books](#)[Upcoming Events](#)[Visit our website for more information about these and other events.](#)

## "Emotional Intelligence: The Missing Piece to Your Success?"

Saturday, June 13th  
Elmhurst, IL

## Career Transition Group Coaching Program

Mondays, 12-1 p.m. Eight Telephone Sessions begin 7/6

## "Taking Care of YOU During A Job Search"

June 8 - St. Huberts,  
Hoffman Estates, IL

AND

July 27 - TUG, St.  
Charles, IL

## "What's on Your Inner Play List? Change the Tune & Create Sales Success"

emotional intelligence. The good news is, unlike IQ, EI can be improved and enhanced until the day you die!

At Enerpace, we're proud to help leaders focus on what really matters, while they grow themselves, their team and their bottom line. Our monthly newsletter is another service we provide to support YOU in your professional journey!

Enjoy -

Elene

**P.S. Want to learn more about Emotional Intelligence? Be sure to check out our upcoming workshop highlighted in the [Enerpace News](#) section below!**

# 630-832-4399 or [mail@enerpace.com](mailto:mail@enerpace.com)

### [Leadership Learnings](#) - *Fighting a War Against Distractions* - New York Times - Marcie Alboher

One of the biggest challenges facing every client we work with is what this article terms the "War against Distractions". Email, interruptions, voice mail, tweets, IM, bluetooth, blackberry, RSS feeds - it never ends!

This article documents the harmful impacts of all these distractions and provides some proven methods for winning the war...or at least a few key battles!

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

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### [Career Management Corner](#) - *How to Nail an Interview* - Len Bland

20 tips of what to do during an interview. More importantly, videos of what NOT to do - as demonstrated by real applicants.

Guaranteed to make you feel better about your interviewing skills before your next interview!

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

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### [Business Building Blocks](#)- *Research a Prospect in 10 Minutes* - Geoffrey James

Four quick and simple steps to harness the power of the internet

October 14 - West Suburban Chapter of Women's Council of Realtors

## Your Personal Brand: Would YOU buy YOU?

October 15 - Chicago Booth Women's Business Group

when prepping for sales calls and client meetings.

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

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### **Enerpace Experts - Emotional Intelligence- What's New? What's True?** - Diana Atkins, Enerpace Affiliate Coach

We're thrilled to feature one of our very own Enerpace Experts this month! Diana is an EI expert and certified in the Baron EQ-i tool we offer for clients to use in strengthening their EI skills.

In this short article, Diana explains what Emotional Intelligence is, and how it's being used today to impact the bottom line in a wide variety of industries and occupations.

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

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### **Enerpace News**

#### **1. New Workshop - Emotional Intelligence: The Missing Piece to Your Success? June 13th 9-12**

Studies have shown that as much as 40% of an individual's success can be attributed to their Emotional Intelligence! Unlike IQ, your EQ can be developed and enhanced. But first you need to know what it is, where to begin and what to work on!

Every attendee will receive a personal, confidential Baron EQ-I assessment and summary report. Knowing your specific strengths and areas for development, you'll leave with an action plan designed specifically for YOU!

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

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#### **2. Women's Leadership Exchange (WLE) Accepting New Members in Chicago LEXCI Program**

WLE's Leadership Executive Circle (LEXCI) program helps women enhance their leadership skills while expanding their circle of influence. I'm honored to have been chosen as the Chicago Executive Coach for this "Master Minds group on steroids"! LEXCI provides nationwide contacts, best practices, Executive Coaching, Mentorship, free admission to every WLE conference AND opportunities to learn and work on your unique business challenges in every meeting to grow to the next level. WHEW!

The link below provides further information on this fabulous program. Join us!

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

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#### **3. Next Career Transition Group Coaching Program Starts July 6th, 12-1 p.m.**

So many people are in transition right now that we decided the time was right to offer our telephone-based group coaching program. We cover all the key pieces to a successful transition:

- Creating fulfilling career options
- Personal brand management
- Communication platform & tools – resume, networking, elevator speech, informational interviews, etc.
- Job search skills & contact strategy
- Interviewing best practices
- Negotiation strategies

[Find out more....  
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### Cool Tools - Copyscape

The internet's easy access to information has increased plagerism exponentially. Want to see if someone has, um, "borrowed" your intellectual property from your website? Copyscape lets you find out and take appropriate action!

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

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### Great Books - EQ Edge - Steven J. Stein and Howard Book

Since our focus this month is Emotional Intelligence, we just had to highlight one of our favorite books. **It's practical, easy to read and uses real world examples and exercises to illustrate the 15 components of Emotional Intelligence.**

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

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"To become a leader, then, you must become yourself." - Warren Bennis, *On Becoming a Leader*

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