

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

May 2020

Hello Subscriber,

Lately, I've been telling folks that I will remember this pandemic through the topics of these newsletters. March was "the world turned upside down". In April, we looked at grief and resilience. And now in May, we are trying to get focused.

It feels like we're beginning to understand that this won't "be over" and we won't be "getting back to normal" any time soon. Yes, we are dipping our toes into re-entry, but none of the plans released thus far would have been considered "normal" just four short months ago.

Have you had days where you are super productive, prioritizing and checking things off your list? How about days where you just need a nap? And what about those moments when you realize your plans for your career, your business, your vacation and your summer are now history? You are definitely not alone!

So what do we humans do? We pick what we can do now and focus on that!

I recently heard a Futurist, David Houle, speak. He believes 3 year strategic plans are obsolete. Instead, we have to keep focused on a 12-18 month planning horizon, with modular tactical plans that can be continually tweaked in response to whatever happens next.

I definitely believe we are living in a world with a rapidly increasing pace of change and an unprecedented amount of uncertainty. That's why Enerpace focuses on Leadership Agility, so our clients are prepared for whatever comes next - even when we don't know what's around the corner.

We see our clients working as hard and as fast as they can to keep moving forward. We help companies grow agile leaders who can keep firms growing – even in times like these. Sometimes, along the way, they need to regroup, refocus and re-evaluate.

So our 3 new ‘Leadership Crisis Response Solutions’ have been designed to be delivered virtually, with options for individuals, teams and the firm as a whole. They all offer the focus you need right now - with a low time investment and no long-term contract!

Check out the details below in our Upcoming Events section - we’re ready to help!

Here's to staying safe, healthy & focused -

Elene



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Upcoming Events



Regain your focus with our **Leadership Crisis Response Solutions**. Does it feel like your team has been driving 200 mph lately? Bring them in for a virtual "pit stop" and get realigned!

Do YOU need a confidential sounding board, access to best practices and an Executive Mentor to help you prioritize and strategize? We've created "Just-in-Time Focus Sessions" for that exact purpose. Contact us for a complimentary "laser coaching" session and get results while meeting your coach.

Learn to stay effective and efficient during this rapidly changing time. Again, there's no long-term contract or commitment, so give yourself and your team the opportunity to take a breath, align, refocus and move forward.

Click the button below for more details, or contact Enerpace at #630-832-4399, at mail@enerpace.com or through our [Enerpace website](#).

Leadership Crisis Response Solutions



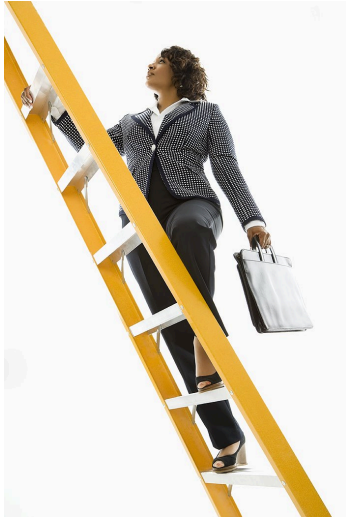
Leadership Learnings

The Focused Leader

Daniel Goleman, *Harvard Business Review*

Learn how the most focused leaders use Emotional Intelligence skills to clear out the internal noise. This enables them to clearly see the needs of others so they can devote their attention fully to delivering results.

Find Out More



Career Management Corner

How to Think More Effectively During a Crisis

Joni Fedders, *Entrepreneur*

With so much uncertainty it's easy to lose focus. Anxiety is heightened when so much is out of our control. What's the solution? Recognizing and managing our thoughts which create our emotional state. Learning these techniques is something we CAN control - and provides a key step to move forward!

[Find Out More](#)



Business Building Blocks

How to Stop Wasting Your Time - and Everyone Else's - in Meetings

Terri Williams, *Executive Education Navigator*

With all of our meetings done virtually these days, it's even more important that they have a focused agenda with clarity on the meeting's purpose. This article provides great tips for the 5 most common types of meetings, which could easily save you an hour or more each week.

[Find Out More](#)



Enerpace News

Elene contributed to the *Fortune* article "How to Quit Your Job and Your Nightmare Boss Without Burning Bridges". Here are some tips for this difficult situation!

[Find Out More](#)

Just a reminder, Enerpace and other ICF-certified coaches are offering "supportive conversations" for front line workers through [Covid Connectors 2020](#). It's a way to say "thank you" and to help those who may need to talk.

If you are a front line worker and want to talk, let us know. Please click below to learn what this program is all about.

[Find Out More](#)



Enerpace Expert

5 Ways Science Shows Us How To Work Better Virtually

David Rock, Forbes

Are you having trouble staying focused with one virtual meeting after another? No surprise - they're exhausting for our brains. Learn how brain science can help you improve your concentration, connection and effectiveness on all those Zoom meetings!

[Find Out More](#)



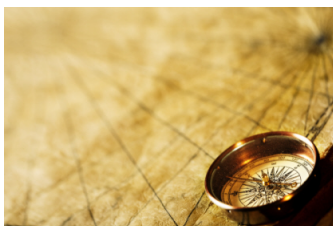
Cool Tools

Focus Booster

A simple pomodoro timer and time tracking app

The Pomodoro Technique helps you stay focused in 45-minute blocks of time, increasing your productivity. This helpful tool helps you easily implement the technique. Soon you'll be able to estimate how many "pomodoros" a project requires so you can block your time accordingly!

[Find Out More](#)



Great Books

Who Moved My Cheese?: An Amazing Way to Deal With Change in Your Work and in Your Life

by Spencer Johnson

This "oldie but goodie" is certainly applicable today! While written as a parable about how mice respond to the disappearance of their cheese, it also perfectly describes how many of us reacted when "normal" as we knew it disappeared. This is a helpful story on how to handle change when it comes your way - and it always does!

[Find Out More](#)



Quotes You Can Use

Only one thing has to change for us to know happiness in our lives: where we focus our attention.

Greg Anderson (1947 -)

Author and Founder of Cancer Recovery Foundation International

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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