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May, 2010

# The Enerpace PaceSetter

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### Upcoming Events

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

**The Top 10 Issues in Executive Employment & Severance Agreements with Kristen Prinz:**

[Tuesday, June 3 Workshop](#)

Dear Subscriber,

This month's theme is inspired by a very cool woman named Carol Roth. Carol is featured in this month's "Enerpace Expert" section. Although we've only known each other for a few months, we bonded instantly because we share the same philosophy: we all need to have someone in our life who tells us we have 'spinach in our teeth'!

As a child, I often got in trouble for saying the things out loud that others whispered about....including pointing out that the Emperor really did NOT have on any clothes. Now, as a Coach, people actually pay me to point out their blind spots and the things nobody else will tell them! (Shows ya how important it is to find out what you're REALLY supposed to be when you grow up!)

Carol Roth, however, has taken this 'honesty is the best policy' philosophy one step further. Her "Spinach in Your Teeth®" approach to business has inspired a blog, a great on-line video Q&A series, a book, speaking engagements, interviews with famous folks and I'm sure more wonderful things to follow.

Have a fabulous Memorial Day weekend and may you always have someone around you to tell you the honest truth!

Elene

P.S. A personal appeal - my family will be walking in the 5K "[Tortoise & the Hair](#)" race to raise money for the National Alopecia Areata Foundation and to help find a cure for my 6 year old daughter Maria. Please support us with a tax deductible donation. Make checks payable to NAAF and send them to Enerpace at 240 N. Addison, Elmhurst, IL 60126 Thank you SO much!



**The Will to Compete: What the Financials Can Not Tell You**

[Fri, June 4 Webinar](#)

**Challenging Conversations & Effective Feedback**

[September 1 Workshop](#)

**The Professional Woman's Voice**

[November 9 Workshop - City](#)  
November 11 Workshop - Suburbs: Details Forthcoming

**Leadership Learnings - New Scale for Measuring Addiction to Work** - *Science Daily*

Do you consistently work more than 50 hours each week? Also find yourself anxious about work if you're not working? Guess what?? You're addicted to work!

If this describes you, read the attached article and then call Enerpace. We help folks create success in their career without giving up the rest of their life!

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

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**Career Management Corner - Is Your Job Hurting Your Resume?**- *Liz Ryan - Glassdoor.com*

Straight talk and some tough questions to help you determine if you're stagnating in a job you've long ago outgrown.

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

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**Business Building Blocks- Rework: A Revolutionary Way of Doing Business** - *Zeke Camusio - The Outsourcing Company Blog*

Wasn't sure if I should list this here or in the book section, because this blog post is a review of the actual book *Rework*. However, the blog lists so many hard truths excerpted from the book that it fits just as well here.

For example, here's one my clients have heard me say many times - "Good enough is good enough. Not everything has to be a masterpiece. Most times, you need to get something done and move on!" Amen! Perfectionism is just another way to keep yourself stuck!

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

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**Enerpace Experts - Spinach in Your Teeth** - *Carol Roth - CarolRoth.com*

I tried to pick out my favorite video clip, but frankly, it was way too hard to choose! Pick a topic you're struggling with right now and brace yourself for some 'insightful business advice....sunshine and puppy dogs NOT included"!

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

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**Enerpace News**

## 1. Elene Cafasso's Advice Regularly Featured on *The TPE*

Elene has become a regular contributor to The Toilet Paper Entrepreneur's Blog - another source of straight talk, straight from the horse's..... um.... mouth! :-)

Here's the [Challenges Faced by Women Entrepreneurs \(#8\)](#) .

And the lessons learned from the recession (#196):

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

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## Cool Tools - Free Desktop Apps - Small Business Trends

Everyone telling you that you "have to" start utilizing cloud computing? Well, you don't!

Here's a list of many free apps out there that let you save money on software and work collaboratively on projects.

[Find out more...](#)

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## Great Books - *Freakonomics & Superfreakonomics* - Levitt & Dubner

In *Freakonomics* the authors proved that much of that stuff we THOUGHT we knew was actually wrong. The sequel, *Superfreakonomics*, provides more of the same. Or, as they say, the 'things you never knew you wanted to know but do'!

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

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*"No great deed is done by falterers who ask for certainty."*

George Eliot

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