

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

May 2021

Hello Subscriber,

What IS the state of your brain? Lord knows there have been many times over the past 15 months where I've felt like mine was suffering from the effects of Covid isolation!

There has been one brain strengthening activity possible during the pandemic – the ability to take advantage of so much virtual learning, virtual conferences and virtual networking. I participated in so many more events than I would have physically been able to in “normal” times.

One conference I attended virtually this month was for Master Coaches and one I've enjoyed several times before. It's called CAM – Conversations Among Masters. The speakers are considered “Conversation Starters” and a significant amount of our time over 3.5 days is spent working with and learning from the other attendees.

Most conferences usually offer a few truly excellent sessions, and then others are just good or very good. But overall, I'm satisfied if they provide a nugget or two of wisdom, or some new tools to apply when I'm back in the office. However THIS year's CAM conference literally was off the charts fabulous. Every single day and session was unique and valuable in its own way.

Our closing speaker, Dr. Jill Bolte Taylor, inspired the theme of the *PaceSetter* this month. As you'll see below, she provided amazing insights into how our FOUR brains work and ways to identify and harness the strengths of the one that will serve us best in any particular moment. What equally fascinated and engaged me was her enthusiasm, energy and sheer joy of her subject. When a speaker LOVES a topic, they become an evangelist in a way no mere expert can possibly match.

What are YOU passionate about? What lights up your brain, your body and your emotions? What could you write a blog or article about right now? What Facebook Live or LinkedIn Live video could you record this instant that would pull me in with your enthusiasm and sheer enjoyment of the topic?

Do it now please. We need more of that in this world! If you need help finding that passion and bringing it into your life, career and business, I've got a wonderful team of folks happy to help!

Have a great Memorial Day weekend – and thank you to our military who've made it possible.

Elene



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Check out our new feature

Upcoming Events

Elene is writing a book! “Your Growth Pyramid – 6 Steps to Create & Integrate your Business and People Plans” is targeted for release before the end of this year.

The book will be practical and action-oriented, sharing case studies and road maps for aligning leadership development and business results. Enerpace’s mission is to grow agile leaders who grow purpose-driven firms.



Learn more about how we do that with our Enerpace Solution Pyramid.

[Enerpace Solution Pyramid](#)

We've received several requests lately for DEI (Diversity, Equity & Inclusion) training & workshops. You can see our offerings on the Enerpace website under Speaking and Workshops. And, we customize these for your specific needs!

[DEI Training and Workshops](#)



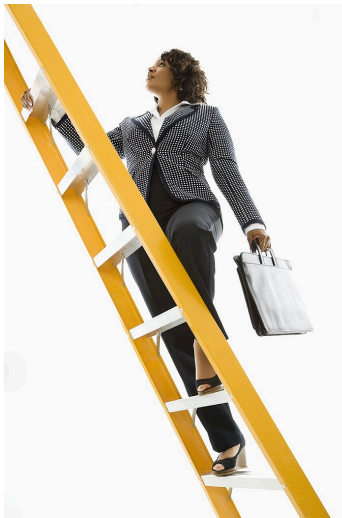
Leadership Learnings

Three Things You Need To Know About The Brain To Build Great Teams

Everett Harper, *Forbes*

Tap into an often under-used pleasure center in the brain with these 3 simple techniques to up-level your team's performance.

[Find Out More](#)



Career Management Corner

The neuroscience of change: How to train your brain to create better habits

Thomas Oppong, *LADDERS*

Riding the "motivation wave" can create the habits you desire – even 1% at a time!

[Find Out More](#)



Business Building Blocks

Beyond Bias

Neuroscience research shows how new organizational practices can shift ingrained thinking.

Heidi Grant Halvorson and David Rock, *Strategy + Business*

Our biases are unconscious behavior drivers. They help our brains operate more efficiently, yet they can often keep us from even considering more optimal solutions.

Use the detailed list in this article to screen biases out while considering your most important decisions.

[Find Out More](#)



Enerpace News

Elene offers some thoughts in the article, "*How Can HR Best Resolve Conflicts Between Managers*".

Enerpace offers Team and Corporate solutions and the DISC Assessment to help avoid these conflicts. Learn to communicate, influence and lead more effectively with folks who see things differently than you do.

[Contact Enerpace](#) if you want to learn more!

[Find Out More](#)

We have a new feature on our Enerpace Website - it's the Accessibility Icon in the upper right corner on each page!

Just click on the icon for the menu. There are many options that allow you to easily read the website - Contrast, Bigger Text, Dyslexia Friendly and much more.

[Find Out More](#)



Enerpace Expert

My Stroke of Insight

Dr. Jill Bolte Taylor

What better way to learn how the human brain functions than for a neuroanatomist to have a stroke?

[Find Out More](#)



Cool Tools

Tools 2 Thrive

Mental Health America

May is Mental Health Awareness Month. Many of us have struggled during the pandemic, and are facing new challenges re-entering into normal activities and interactions with people. Here are some resources that can help.

[Find Out More](#)



Great Books

Whole Brain Living

by Jill Bolte Taylor, Ph.D.

Most of us have heard of the “left brain” and “right brain”. Did you know we really have FOUR brains? And that conducting a “Brain Huddle” with all 4 several times daily is the secret to whole brain living?

Check out this book to learn about the 4 ‘characters’ that drive our choices and our lives.

[Find Out More](#)



Quotes You Can Use

"The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe."

Michio Kaku (1947 -) - American Theoretical Physicist, Futurist, Author and Professor.

Ready to learn more?

Go to www.enerpace.com to request

a complimentary consultation!

Questions? Contact us today 1-630-832-4399



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