

The Enerpace PaceSetter

News as Individual as YOU are!

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Dear Subscriber,

Earlier this month, I had the pleasure of hearing Jeanne Malnati speak on “The Heart of an Award-Winning Business” at the Professional Women’s Club of Chicago. A Culture Transformation Expert and LCSW, she married into one of Chicago’s most famous pizza families - Lou Malnati’s Pizzeria. She founded her firm, The Culture Group, to help other organizations utilize the 3 secrets behind “The Malnati Effect”. These are :

1. Examine your heart - take the time to figure out what brings you pleasure, what talents you bring to work and others
2. Express your heart - address any issues within 24 hours and if you’re unsure if everything is ok, check it out with the others involved
3. Soften your heart - includes asking for a ‘redo’ when you need forgiveness and extending that grace to others

All of these ‘secrets’ are great tools for increasing emotional intelligence too! Research is showing us that empathy is a core skill for professional success, including operating effectively in the matrix organizational structure which is so common today.

Jeanne closed by providing every audience member with a pewter heart. She founded SpreadingHearts.org to spread love and goodwill to unsuspecting individuals and is helping to change the world, one heart at a time. Giving a heart to

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Upcoming Events

(All listed in Central Time)

someone who has impacted you powerfully, lets them know they are seen and that someone cares.

This gift hit me like a divine synchronicity! I had just returned from an 'energy retreat' in Sedona with a fabulous group of women, getting recharged and learning fabulous techniques and practices to enhance my coaching and my own development. During this time, we found heart-shapes everywhere. The heart became an icon for our group, as we shared our hearts emotionally and spiritually. We also met a lovely man who spends his days hiking and collecting heart-shaped rocks to give to others who touch him along his path. I'm keeping both of these hearts together in a special place, as another reminder to coach, and live, with my heart fully engaged daily.



Where can YOU display more heart in your life? In your work? One way to express your heart would be to give generously to the cause of my heart in honor of my daughter Maria. A link to contribute to our annual walk-a-thon at the NAAF conference can be found in the P.S.

With heartfelt thanks -
Elene

p.s. Please consider donating to my favorite charity - the National Alopecia Areata Foundation (NAAF)-in honor of my daughter, Maria. Please help by donating at <http://support.naaf.org/ILTeamMaria> . Thanks!



"Networking in the 21st Century" - UCWBG June Webinar, Friday, 6/5/15 @ 12 noon CT

[Details](#)

"5 Easy Steps to Get Hired or Get Promoted" - UCWBG May Webinar, Friday, 7/10/15 @ 12 noon CT

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Leadership Learnings

Stop Calling People Out

Jeff Giese, Harvard Business Review

If you want to be a transformational leader, take a long term approach that increases engagement instead.

Learn another great skill that separates you as a leader!



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Career Management Corner

What to Do When Anger Takes Hold

Peter Bregman, Harvard Business Review

Need help on how to handle emotions that come flooding over you? Want to feel like you are in control of the situation?

The best way to overcome any strong emotion is to allow yourself to fully feel it first!



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Business Building Blocks

Coaching An Employee Who Doesn't Want Help

Amy Gallo, Harvard Business Review



Use these heart-centered coaching techniques to address performance more effectively.

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Enerpace News

1. [Sue Becker](#), one of our Enerpace Preferred Partners, was featured in the Chicago Tribune - "So Many Quality Shows on TV - And So Little Time." Need a time management specialist to organize your life?

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2. Read about ideas that have been tried and work. Enerpace's idea is in "Tips for Improving Business Productivity."



We can all use some new suggestions!

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Enerpace Expert

Self-Awareness: Building Healthy Children

Jinnie Cristerna, www.highachievers.net



This month's expert is Executive Therapist Jinnie Cristerna who explains how heart-centered techniques can benefit your parenting too.

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Cool Tools

Spreading Hearts

by Jeanne Malnati, Melissa Malnati, and Kelsey Malnati Howell

If you'd like to implement the practice of acknowledging others who've touched you in some way, you can purchase small hearts directly from Jeanne Malnati's organization. Then you too can say "You have a beautiful heart, and it touched mine, thank you".



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Great Books

Healing Conversations: What to Say When You Don't Know What to Say

by Nance Guilmartin

Sometimes it's tough - you want to say just the right thing to help someone who shared a personal struggle with you. But, what do you say? We've all been there with a friend, a family member, or a colleague at work.



This book offers practical ideas to help you "express your heart" and understanding to someone else!

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Quotes You Can Use

"A life is not important except for the impact it has on others."

Jackie Robinson
(1919 - 1972)
American Baseball Player

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