
The Enerpace *PaceSetter*

News as Individual as YOU Are



October, 2013

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Dear Subscriber,

Normally, it's easy to come up with a monthly theme or some overall topic for this newsletter. There are people disciplined enough to blog DAILY for Pete's sakes - I certainly "should" be able to come up with one idea a month, right? (My clients past and present know that if they had said this to ME, I'd point out that 'should' is a gremlin term that we don't use. We make conscious choices!)

So I decided to make a 'conscious choice' and use the coaching skill of stating what's really going on: I'm uninspired this month! Probably because I've been focused on speaking engagements, launching new service offerings, analyzing new sales channels, celebrating with friends in from other states and executive producing birthday parties (note the plural!) for my daughter.

This month, I've compiled a bunch of articles about how to get unstuck and more productive by doing whatever you have to do to tap into your own personal sources of inspiration - - even if those sources are found by "goofing off"! :-)

What do YOU do when you're uninspired? If learning cool new things helps you like it does me, please come to one or both of our 11/9 workshops - all the details are in the Upcoming Events and Enerpace News Sections below.

May your Halloween be inspiring -

Elene

p.s. If you liked reading about the way I use coaching tools on myself, check out our 11/9 Workshop "[Coaching Skills for Leaders](#)". You'll learn 6 tools you can put into practice immediately - with you kids, boss, direct reports and family members during the holidays! PaceSetter readers save \$100 by registering by 11/4!

LEADERSHIP LEARNINGS

16 Ways to Get Unstuck

Tara Sophia Mohr, *tiny buddha*

These are such simple ideas and ones we can all do. Read on to see how get get 'unstuck' or more 'inspired' in both your personal and professional life!

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CAREER MANAGEMENT CORNER

Upcoming Events

(All Listed in Central Time)

"Transitioning from a Steady Job to Running Your Own Business"

Webinar, Fri, 11/1/13 @ 12 Noon
[Details](#)

"Coaching Skills Workshop" -

Enerpace Workshop, Saturday, 11/9/13 from 9-1pm (\$99 for PaceSetter Readers registered by 11/4)
[Details](#)

"Is Your EQ As High As Your IQ?" - Enerpace

Workshop, Saturday, 11/9/13 from 2-5 pm (\$99 for PaceSetter Readers registered by 11/4)
[Details](#)

Chicago Women's Leadership Exchange Conference,

Thursday, 11/7/13, Register now with \$79 discount code WLETODAY
[Details](#)



Eight Ways Goofing Off Can Make You More Productive

Susan Adams, *Forbes*

Feeling uninspired? Then goof off!

We've all been in situations where suddenly we feel unproductive, feel like we have been staring at the screen too long and perhaps feel a little tired too.

You now have permission to stand up, goof off, clear your brain and THEN get back to work. These eight tips will help you do it!

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BUSINESS BUILDING BLOCKS

7 Traits of Press Releases That Actually Get Read

Veronica Maria Jarski, *PR Daily*

Want some free publicity for your business? Then learn how to write an inspiring press release!

SO many emails, blogs and press releases get briefly scanned or most likely, never even get read. Follow these easy steps to create something people want to read.

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ENERPACE NEWS

1. On Saturday, 11/9, we have a double header of inspiring workshops for you. You'll leave with knowledge and best practices you can put into place immediately.

Check out 'Coaching Skills for Leaders' in the morning and then tune-up your emotional intelligence skills in the afternoon!

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2. Here are some great tips to consider when you are pursuing a job you are overqualified for. Enerpace offers some insight in the article, "Turn Overqualified Into Perfectly Qualified" in The Job Scholar.

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Enerpace Expert

Five Ways to Tell You're in a Rut, and Five Easy Ways to Break Out of It!

Peter Shankman, *Blog*

Do you think you may be in a rut? When people ask you "what's new?" is your response "same old, same old". If yes, then it's time to make a change. Use these 5 easy steps to identify and get out of your rut!



For more information about Peter and his company go to www.shankman.com .

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COOL TOOL

3 Business Tools to Spice Up Boring Work Tasks mashable.com



You know those tedious tasks that are a regular part of your job. For instance, building presentations, accounting and expense reports. This "Cool Tool" addresses all three of these mundane activities.

These three tools help to make boring tasks more fun and the first one, Prezi, helps to make your presentations much more inspiring! Try something new to spice up your day!

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GREAT BOOKS

Same Kind of Different As Me: A Modern-Day Slave, an International Art Dealer, and the Unlikely Woman Who Bound Them Together
by Ron Hall and Denver Moore

This wonderful story is a fascinating look into a lifestyle most of us will hopefully never experience. Inspiring, faith-filled and humbling, this book helps us all put life in perspective.



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QUOTES YOU CAN USE

"Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of habit."

W. Somerset Maugham (1874-1965)
English Writer

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