

Enerpace.com ~ mail@enerpace.com ~ 630-832-4399

# The Enerpace PaceSetter

October 2023: Finding Nourishment



## We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

What nourishes you? Not just food, but what REALLY nourishes you – mentally, emotionally, spiritually, physically?

More than 20 years ago, I discovered that relationships nourish me most. As a coach, I know they are my top value - which is why they're so energizing and fulfilling for me.

I often joke that I collect them. My longest friendship traces back to eighth grade! As one of my high school/now Facebook friends always says "You can't make old friends".

In 1988, I met Carm as a colleague, and then her husband Bill in 1990 when Carm enlisted him (and many others) to help me move into my new condo. For 35 years, we've been there for each other through all of life's tragedies and blessings.

Due to Covid and the busyness of life, I'd not visited them in AZ since 2018. For 4 too-short days, we talked and laughed and talked and ate and talked and showed pictures and talked and saw friends. Carm and I cried when I got there and I know I cried harder when I left.

Reflecting on our visit, I realized that I'd arrived pretty drained and energetically empty after the chaos and work associated with a big construction project on my house. But I was leaving nourished – loved, accepted, and filled up by this precious relationship with two amazing, generous people.

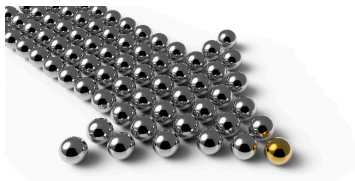
These 2 folks have never stopped giving, volunteering, donating and loving in the decades that I've known them. Their 3 kids, 10+ grandkids and 20+ great grandchildren are all cherished and treated like the special gifts they are.

Who are the Carm & Bill in your life? Who or what nourishes you? How can you create more of that? How can you nourish yourself – mentally, emotionally, spiritually, physically?

As for me, I've already booked my "room" at their house for a full week in 2024!

Elene

p.s. We talked so much we never took any pictures! So here's one from my last visit in 2018. 😊



**"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."**

Jean Shinoda Bolen (1936 -)

American Psychiatrist, Jungian Analyst and Author



## Leadership Learnings

The Importance of Having a Sense of Purpose

Ilene Berns-Zare PsyD, *Psychology Today*



## Career Management Corner

25 Ways to Make Your After-Work Hours Feel Like Weekends

Sarah Magnuson, *Apartment Therapy*

What's your Purpose? How does it show up in your career? What will it look like in retirement? It's important to figure out, since research shows it both nourishes us AND supports our health.

If you'd like support in finding and living yours, our Enerpace coaches can help.

How many times have you heard, "Thank God It's Friday!" or "I can't wait for the weekend."?

This article offers great suggestions on setting boundaries and nourishing yourself - even during the work week!

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[Read More](#)



## Upcoming Events & Enerpace News

### Nourishing Our Enerpace Team!

Practicing what we preach, the Enerpace Team completed Patrick Lencioni's [The 6 Types of Working Genius](#) assessment to discover our individual Working Genius, Working Competency and Working Frustration.

Our colleague and team member, [Dr. Candace Goodwin](#), is certified in this tool (& many others) and facilitated our discussion, Our team report identified new ways to manage Enerpace's business, while allowing team members to fully utilize their Working Genius and avoid their Working Frustrations.

If you'd like to learn more about this tool and how it can help your team, reach out using the button below!

[Contact Us](#)



## Enerpace Expert

### 12 Ways To Recover From Burnout

*Cleveland Clinic*

When we're burned out, we need to practice extreme self-care. Try all 12 ideas to find the ones most nourishing for you!

[Read More](#)

## Enerpace Tool

### How to Work with Negative Self-Talk

*Isabelle Pikorn, Insight Timer Blog*

Nourish yourself with positive self-talk using this emotional intelligence tool our clients find extremely effective!

[Read More](#)



## Great Books

### *The Light We Carry: Overcoming in Uncertain Times*

**By Michelle Obama**

Michelle Obama was nourished by her friends, her mom and the pure joy of spending time with children, enabling her to surmount her toughest times in the White House.

The back cover of the book contains a passage with another source of nourishment. Here's an excerpt: "I've learned it's ok to recognize that self-worth comes wrapped in vulnerability... We become bolder in brightness. If you know your light, you know yourself. ...which leads, finally, to being able to connect meaningfully with others – and this to me is the bedrock of all things. One light feeds another. One strong family lends strength to more... **This is the power of the light we carry.** "

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## Need a People Plan to Make Your Business Plan a Reality?

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