

The Enerpace PaceSetter

News as Individual as YOU are!

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[Enerpace](#) | [Upcoming Events](#) | [Enerpace Team](#) | [Enerpace Workshops](#) | [Contact Us](#)



October 2015

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Dear Subscriber,

The late, great Robin Williams had a saying early on in his career - "Reality. What a Concept!" I've been thinking about that a lot over the past week, as life has delivered a dizzying array of fabulous moments along with an amazing amount of tragic news.

On the wonderful side, my daughter Maria turned 12 AND made her debut on the Junior High stage as the lead "witch-in-training" in Hansel & Gretel. I'd post a photo, but she's at the age where she might die of mortification OR if she lived, never speak to me again! Take my word for it - she was fabulous! :-)

On the tragic side, I learned a mom in town choked on a piece of steak and has never recovered. She went from dinner in a restaurant 12 days ago to hospice. How does that happen?

TWO "family of the heart" folks had serious surgeries this week. One for a heart valve replacement, and the other for an infection that turned out to be a flesh eating disease that left him in ICU! How does that happen?

So where did I end up after this reflection? Life is complicated. Rapidly changing and unpredictable. Much of it outside of our control. So what CAN we control? Our perspective - how we choose to BE in any given situation. We often can't control external things, but we can control how we show up.

In This Issue

[Leadership Learnings](#)

Managing People from 5 Generations

[Career Management Corner](#)

The Three Ways People React to Career Disasters

[Business Building Blocks](#)

Networking for Introverts

[Enerpace News](#)

[Enerpace Expert](#)
Karen Covy

[Cool Tools](#)
Conquering Digital Distraction

[Great Books](#)

[Quotes You Can Use](#)

Upcoming Events

All events are open to the public and listed in

For me, I've decided to recommit to living in the moment. I'm blessed because I get a taste of that daily. When I'm coaching, I am fully present and "dancing in the moment" with my client. My challenge is to get more of that mindset into the rest of my life, instead of planning 3 steps ahead to be more "efficient".

Many of my clients are working at becoming more agile leaders. Much like life, business is rapidly changing, more uncertain and more interconnected globally than ever before. We can't know what model of leadership we'll need next month or next year. So we focus on what we can control - being agile enough to respond effectively to whatever comes.

Reality. What a concept!

Elene

P.S. Happy Halloween!!!

Leadership Learnings

Managing People from 5 Generations
Rebecca Knight, *Harvard Business Review*

Here's a new reality leaders have never had to face before: a workforce comprised of folks from up to 5 generations.

This article offers some advice to help managers recognize that every generation brings something to the table that we can use!



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[Back to Top](#)

Career Management Corner

The Three Ways People React to Career Disasters
Philip Mirvis, Mitchell Marks, Ron Ashkenas,
Harvard Business Review

I'd be willing to bet almost all of us have experienced something that felt like a "career disaster". While they may be unavoidable, we can still choose how to 'be' while reacting to it.

Choose the way that keeps you learning and moving forward!

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Central Time:

"From Invisible to Incredible: How to Be a Bright Bulb in the Room™" - UCWBG

November Webinar,
Friday, 11/6/15 @ 12
noon CT

[Details](#)

"Identifying, Capitalizing and Protecting Your Intellectual Property" -

UCWBG December
Webinar,
Friday, 12/4/15 @ 12
noon CT

[Details](#)

"Entrepreneurial Dreams: From Wondering to Knowing if You Should Start a Business in 21 Days" -

UCWBG January Webinar,
Friday, 1/8/16 @ 12 noon
CT

[Details](#)

One of Enerpace's coaches, Diana Atkins is presenting three upcoming webinars through our strategic partnership with the [Quality Training Institute\(QTI\)](#). All are open to the public:

1. "To Delegate or Not to Delegate - Practical Delegation Do's and Don'ts" - QTI Webinar, Tuesday, 12/15/15 at 10:30 AM CT

[Details](#)

2. "Win/Win Negotiation - Good for You, Good for Them" - QTI Webinar, Tuesday, 1/12/16 at 11AM CT

[Detail](#)

3. "The Secret Ingredient for High Performance - Feedback!" - QTI Webinar, Tuesday, 1/19/16 at 10:30AM CT

[Detail](#)

QTI offers a variety of courses for professional development and career growth including Enerpace workshops.

[Back to Top](#)



Click [here](#) to learn more about QTI and the upcoming workshops and events!

[Back To Top](#)

Business Building Blocks

Networking for Introverts

Dorie Clark, *Harvard Business Review*



Networking is a fact of life if you own your own business. Guess what? It doesn't need to be torture! Even introverts can be positioned for success with a little forethought and planning.

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[Back to Top](#)

Enerpace News

1. As a small business, it's very important to define your own brand. In the article, "*Experts Weigh In: Why do customers choose your business?*" these small businesses answer that question.

Read about why you should choose Enerpace in #19!

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[Back to Top](#)

2. What do Enerpace coaches recommend for millennials? Find our tip in the article "*Millennial Personal Branding: 4 Tips You Need to Know.*"

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3. If you own a business, you can probably relate to these situations. See how you compare. Read "*The Biggest Business Frustrations*" article & find Enerpace's contribution.



[Find Out More](#)

[Back to Top](#)

4. Enerpace's thoughts are included in the article, "*Experts Weigh In: What have you learned since opening your business?*"

[Find Out More](#)

[Back to Top](#)

5. Enerpace is featured in a new book published on October 15th - "*Who's With Us? From Wondering to Knowing if You Should Start a Business in 21 Days*"

Learn from other business owners, and walk through 12 self-assessment exercises to determine if entrepreneurship is right for you.

Even cooler - the author will present on this topic in a webinar open to the public 1/8/16! So, [register](#) today!

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[Back to Top](#)

Enerpace Expert

How to Negotiate Your Divorce Without Losing Your Shirt

by Karen Covy



Karen Covy, divorce attorney and advisor, was our University of Chicago Women's Business Group's (UCWBG)

October webinar speaker. And, she's our October Enerpace Expert!

Divorce negotiations are rarely easy. But Karen offers ten tips to help you negotiate a settlement that you can both live with. To learn more about Karen go to www.karencovy.com.

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[Back To Top](#)

Cool Tools

Conquering Digital Distraction

Larry Rosen and Alexandra Samuel, *Harvard Business Review*

Our ever-present digital devices can keep us from being fully present.

This article contains a link to some exercises to help you fight this huge distraction.

[Find Out More](#)
[Back To Top](#)



Great Books

Leadership Agility: Five Levels of Mastery for Anticipating and Initiating Change

by William B. Joiner and Stephen A. Josephs

Want more confidence that you'll be able to lead through whatever the future brings? Then become a more agile leader.

How? This book provides advice, examples and steps to guide you to be a more successful leader.

Enerpace is certified in the *Leadership Agility 360* instrument that assesses your current level of agility and provides detailed information on how to become more agile. Call us at 630-832-4399 if you'd like to learn more.



[Find Out More](#)

[Back To Top](#)

Quotes You Can Use

"If you miss the present moment, you miss your appointment with life."

Thich Nhat Hanh
(1926 -)
Vietnamese Monk and Activist

[Back To Top](#)

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