

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

October 2019

Hello Subscriber,

Have you ever been blown away by a speaker when you weren't really all that interested in their topic? That happened to me this month when I heard Jenn Gibbons speak on "Rowing Through Adversity". Jenn is the Executive Director of R.O.W. – Recovery on Water – where breast cancer patients and survivors "interact, become active in their recovery and gain support from their peers".

In 2012, Jenn rowed the 1,500 mile perimeter of Lake Michigan to raise \$150,000 for new boats. While that would have been challenging by itself, it became more of an ordeal when Jenn was raped on her boat at the midpoint of her journey. While her boat was held by the police as evidence, she continued her journey by bike and rode 600 miles in under a week. While she did eventually get her boat back to finish the journey in 59 days, it also caused her to relive the trauma.

Jenn is now a student of resilience and believes "It doesn't matter what happens to you or the cards that you're dealt. What matters is what you do next." Importantly, she advocates for practicing vulnerability and compassion for ourselves. It's ok to say we are NOT ok. She got help to accept that bad things happen and to not live her life looking in the rearview mirror. As she says "The rearview mirror is always smaller than the windshield. Pull over the car if it's distracting you."

Even Meghan Markle recently admitted she's not ok – and she's a Duchess! Sheryl Sandberg couldn't just 'lean in' and go back to work immediately after her husband's unexpected death,. These 3 brave women are great examples that the first step towards resilience is accepting reality. Only then can we create what's next.

Here's to looking at life through the windshield –

Elene

p.s. We've been publishing these newsletters monthly since 2009 – ELEVEN years! Lots have changed in that time. All of our inboxes are crowded. We only want to spend our time on those things that provide you maximum value. Please reply to this email with your vote: shall we keep publishing monthly, replace it with something else, or stop completely – and why. Thank you!



In This Issue:

Leadership Learnings

How Resilience Works

Career Management Corner

5 Ways to Boost Your Resilience at Work

Business Building

A 3-Step Plan to Help Teach Your Team Resilience

Enerpace News

Enerpace Expert

To Build Your Resilience, Ask Yourself Two Simple Questions

Cool Tools

Resiliency Quiz - How Resilient Are You?

Great books

Option B: Facing Adversity, Building Resilience and Finding Joy

Quotes You Can Use

Baal Shem Tov

[Enerpace Website](#)

Upcoming Events

Enerpace Advanced Leadership Skills Webinar Series

Fridays, 10/25, 11/8, 11/22, 12/6 and 12/20 from 2:30-3:30pm cst

Join our Advanced Leadership Skills Series! It's 5 Biweekly LIVE Video Classes that cover key areas facing leaders at all levels today.

Topics include: Strategic Networking (10/25), Corporate Politics - Secrets from the Top (11/8), Negotiating with Emotional Intelligence (11/22), Leadership Agility (12/6), How to Integrate Your Personal & Professional Lives (12/20).

No worries that you missed the first one, all classes are recorded so you can sign up at any time. However, you'll want to join them live when you can to take part in the questions and mastermind time.

You can still sign-up! Hope to see you there!

[Register](#)

Attention all University of Chicago Alumni:

University of Chicago Connect: Live Resume Review

Monday, 11/11, 12-1pm CST, Alumni Career Program

Elene will again be lending her knowledge to assist alumni of the University of Chicago. U of C Connect covers a variety of topics but this month it is Career Programming Month.

For more information about the Alumni Career Programs, check the link below. #UChiCareerMonth2019

[More Information](#)



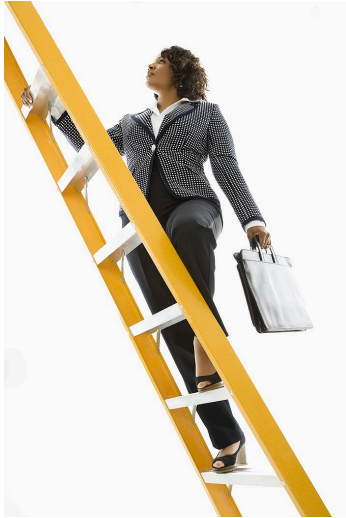
Leadership Learnings

How Resilience Works

Diane Coutu, *Harvard Business Review*

Reality, Meaning and Ingenuity – the 3 key ingredients to create resilient leaders who can create resilient organizations.

[Find Out More](#)



Career Management Corner

5 Ways to Boost Your Resilience at Work

Rich Fernandez, *Harvard Business Review*

3 years ago, a CDC study found 25% of all employees saw their job as the #1 stressor in their life. Imagine what that number must be today?

Here are 5 areas to explore to reduce your stress level at work.

[Find Out More](#)



Business Building Blocks

A 3-Step Plan to Help Teach Your Team Resilience

Bruna Martinuzzi, *American Express*

By identifying and plugging the leaks that drain our team, we can then maximize the sources which create resilience.

[Find Out More](#)



Enerpace News

Don't forget - there's still time to join Enerpace's Advanced Leadership Skills Webinar Series. Read more about it in our Upcoming Events in this newsletter. We'd love to have you join us!

[Register](#)



Enerpace Expert

To Build Your Resilience, Ask Yourself Two Simple Questions

Srikumar Rao, *Harvard Business Review*

Turns out the old Sufi tale where the old man asks “Who knows what is good or bad?” is actually a resilience parable in disguise!

[Find Out More](#)



Cool Tools

Resiliency Quiz - How Resilient Are You?

Al Siebert, PhD, *Al Siebert Resiliency Center*

A simple test to see how well you adapt to difficult and stressful situations.

[Find Out More](#)



Great Books

Option B: Facing Adversity, Building Resilience, and Finding Joy

by Sheryl Sandburg

Even Sheryl Sandburg came to realize that “Leaning In” after a devastating loss is impossible. It’s ok to admit when you’re NOT “fine” and ask for the help you need.

[Find Out More](#)



Quotes You Can Use

Let me fall if I must. The one I will become will catch me. Trust yourself.

Baal Shem Tov (1698 - 1760)

Jewish Mystical Rabbi from Poland, Founder of Hasidic Judaism.

Ready to learn more?

Go to www.enerpace.com to request

a complimentary coaching consultation!

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



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