

The Enerpace PaceSetter



www.enerpace.com 630-832-4399

We Grow Agile Leaders Who Grow Purpose-Driven Firms

October 2020

Hello Subscriber,

I've never been shy about taking charge, claiming my seat at the table or stepping into a leadership vacuum. Bossy? I prefer assertive, thank you. Control freak? Yep, I've heard that term applied to my 'high standards' before too.

So why couldn't I sit in "The Chair" at my mom's wake? You know the ones I mean – the big over-stuffed ones with the really high backs that signify you are the "Official Bereaved".

As a Master Coach, I know this means there's something about sitting in that chair that I just "couldn't be with". Which makes no sense to me, given just a few days prior I'd spent 36+ hours alone with my mom in the ER and then at hospice, advocating for her wishes and pushing for her to be taken off the respirator. How can I do THAT and then be afraid of a stupid chair?

This month's theme was going to be honoring my mom with a tie-in to Dia de los Muertos/All Souls Day. Instead, what's on my heart to write about is how we deal with grief. Because God knows, there has been grief coming at us from every possible angle in 2020.

What I'm recognizing is that grief doesn't mean you can't do what you have to do, especially when there's nobody else to do it. Even when we're not crying, even when we're not depressed, grief can still be there. And as I learned the hard way, when you avoid grief for too long - - even if you refuse to sit in the 'Official Chief Griever Chair' - - it will eventually find a way out.

This month, with Jackie's help, we've found some really important articles about how our not-so-pleasant emotions impact our professional and personal lives.

Marcus Aurelius supposedly said “*It is not death that a man should fear, but he should fear never beginning to live.*” My mom wasn’t afraid to die. In fact, she often reflected on having achieved and done everything that was important to her. Just one of many ways she was a great role model.

I wish us all peace –

Elene

p.s. If you’d like to learn more about my cool mom, you can read her own words [HERE](#).

Elene



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Arianna Huffington

[Enerpace Website](#)

Upcoming Events

Get on the wait-list for future sessions! Chicago Booth Alumni Club is hosting a free, virtual event, "Next Steps Network - Chicago Later Career Alumni", to



help folks navigate and transition to a new job later in their life. The upcoming webinars are November 5th and 18th.

Elene is presenting 11/18 on "Presenting Your Best Self - Enhance Your Executive Presence While Growing Your Professional Relationships". This topic is even more important while we're all working and networking virtually!

[Wait-list](#)

Don't miss the final virtual event in this fascinating series, *ULCC Black Entrepreneurship in Chicago: Past, Present & Future*. To learn more about this series and to register for the final one, click on the link below.

"Madison Avenue and the Color Line" (African Americans in the Advertising Industry), Thur, 11/12 at 6pm CST

[Register](#)



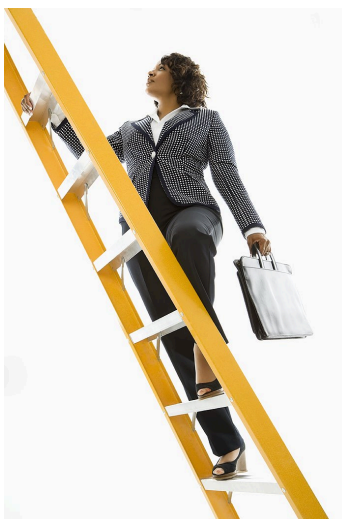
Leadership Learnings

The Hidden Perils of Unresolved Grief

Charles Dhanaraj and George Kohlrieser, *McKinsey & Company*

"The pandemic is fueling a wave of grief and loss that threatens to derail leaders & hurt organizations. Yet when addressed, grief can be a creative force that turns loss into inspiration."

[Find Out More](#)



Career Management Corner

What to Do When Anger Takes Hold

Peter Bregman, *Harvard Business Review*

This suggested technique works for other strong emotions too!

[Find Out More](#)



Business Building Blocks

Your Organization is Grieving - Here's How You Can Help

Aaron DeSmet, *McKinsey & Company*

Some common sense advice about no-cost approaches to recognize what's really going on for your people – and customers – right now.

[Find Out More](#)



Enerpace News

There are times in all our professional lives when we are asked to take on more and we're not sure where to put it. But, how do you say no???

Check out Elene's response to this question in the article, "*How to Say No at Work Without Feeling Guilty (With 50+ Examples)*".

[Find Out More](#)

It's always a difficult spot to be in - not every boss is one we respect and enjoy working with.

In the article, "*How to Deal With a Bad or Difficult Boss*", Elene and other experts offer some suggestions.

[Find Out More](#)

Regain your focus with our **Leadership Crisis Response Solutions**. Does it feel like your team has been driving 200 mph lately? Bring them in for a virtual "pit stop" and get realigned!

Do YOU need a confidential sounding board, access to best practices and an Executive Mentor to help you prioritize and strategize? We've created "Just-in-Time Focus Sessions" for that exact purpose. Contact us for a complimentary "laser coaching" session and get results while meeting your coach.

Learn to stay effective and efficient during this rapidly changing time. Again, there's no long-term contract or commitment, so give yourself and your team the opportunity to take a breath, align, refocus and move forward.

Click the button below for more details, or contact Enerpace at #630-832-4399, at mail@enerpace.com or through our [Enerpace website](#).

Leadership Crisis Response Solutions

With the numbers rising again, we are all dealing with COVID-19 in our own way. Have patience with yourself and remember we are still offering this service. If you are a front line worker and want to talk, let us know.

Enerpace and other ICF-certified coaches are offering "supportive conversations" for front line workers through [Covid Connectors 2020](#). It's a way to say "thank you" while helping those who may need a safe space to process what they're experiencing.

Please click below to learn what this program is all about. And, thank you front line workers!

[Find Out More](#)



Enerpace Expert

How to Support Employees Through Grief and Loss

Lisa Rabasca Roepe, *SHRM*

Personal loss is not something you go through on your own time. It is there through all parts of your life.

Great tips on how to support your employees through this difficult time!

[Find Out More](#)



Cool Tools

Future File

www.futurefile.com

My mom was better than most – she planned her own funeral, wrote her own obituary and even labeled her cherished possessions in advance so there'd be no possibility of family feuds after her death. However, when the file with her wishes was NOT where she told me it would be, it was a huge stressor.

The Future File would have made sure everything was in one spot – including all the stuff we need now, after the funeral, to settle her estate!

[Find Out More](#)



Great Books

Transitions: Making Sense of Life's Changes

by William Bridges

Perfect book for 2020 as we navigate the many changes, the difficult times and the tough choices throughout the year.

[Find Out More](#)



Quotes You Can Use

"We may not be able to witness our own eulogy, but we're actually writing it all the time, every day."

Arianna Huffington (1950 -) Greek-American Author of 15 Books, Syndicated Columnist, Businesswoman, Co-Founder of *The Huffington Post* and Founder and CEO of *Thrive Global*

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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