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October, 2010

## The Enerpace PaceSetter

### News as Individual as YOU Are

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#### Upcoming Events

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about Enerpace events.](#)

**Book Club for the  
Bandwidth Challenged**

[November 5 Teleconference](#)

**The Professional Woman's  
Voice**

[November 6 Workshop -  
Western Suburbs \(Oak](#)

Dear Subscriber,

In honor of Halloween, we decided to focus on real-life scary stories in each of our key categories this month. Let us know if they scare you as much as they do us!

Another frightful thought: the end of the year is only TWO short months away! Ah 2010 - we hardly knew ye!

But fear not! Your friends at Enerpace have devised a special offer to help you finish 2010 strong and be positioned for your best year yet in 2011: a \$100 early holiday gift in the form of a discount on our popular "Focus Session". See the [Enerpace news](#) section below for all the details.

Hope you get more treats than tricks this weekend -

Elene

p.s. Call us @ 630-832-4399 to take advantage of our early \$100 holiday gift!

#### **Leadership Learnings - New Survey Reveals Extent, Impact of Information Overload on Workers - LexisNexis, Business Wire**

Although we see this every day with our clients, it's still scary to see the data! From Beijing to Boston, the results were the same: Professionals are overwhelmed and demoralized by our 24X7 lifestyle.

This article provides remedies that some firms have already implemented and ideas on what more is required. Although not

[Brook](#)):

[November 9 Workshop - Chicago](#)

**The Intersection of Your Business & Social Media**  
[November 10- Union League Club Lunch](#)

**Enerpace Hosts the NAWBO Prospective Member Networking Breakfast**  
[November 19 -Elmhurst](#)

**What's on Your Inner Play List? Change the Tune & Create Job Search Success!**  
[January 22, 2011 - St. Raphael's Career Transition Network, Naperville](#)

**The Brand of You!**  
January 2011, Kendall College



specifically mention, coaching also helps folks prioritize, de-stress and focus.

[Find out more....](#)

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### **Career Management Corner - 10 Reasons to Run From a Job Opportunity** - Liz Ryan

Even in this economy, the prospect of a job with an employer from hell should make you afraid, VERY afraid!

One of our favorite 'career pundits' provides some good insight on what to consider as a big red flag during your search.

[Find out more....](#)

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### **Business Building Blocks - The Simple Tips Experts Use to Always Get Paid for Their Time** - Laura Roeder, copyblogger

Everyone always want to pick your brain without writing you a check??? Here are five great ways to extricate yourself from this service provider's nightmare!

[Find out more....](#)

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### **Enerpace Experts - Stress & Anxiety Disorders** - Jinnie English LCSW, International & Chicago High Achievers

We're all living with greater amounts of stress - from overwhelming jobs to anxiety about the economy or even all the extra work and busyness of the upcoming holiday season. How do you determine when to get help?

One of Enerpace's Preferred Partners provides understandable definitions and some fabulous resources for when we need additional help.

[Find out more....](#)

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### **Enerpace News**

#### **1. Elene Cafasso quoted in "The Ladders.com" article**

Our clients frequently ask us "How often should I follow-up? I don't want them to think I'm a stalker." So

Elene was ready with some advice for this article about how to follow up without being a pest!

[Find out more....](#)

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## 2. Holiday Focus Session Gift

As our early holiday gift to you, we are offering a \$100 discount on our popular Focus Sessions. This gift applies to any session booked by 12/31/10. Call us at 630-832-4399 to set up your session today!

A Focus Session is for you if:

- you want to complete your 2010 goals faster and more effectively than you could on your own
- you need help crafting, or operationalizing, your 2011 strategies and tactics
- you're frustrated because one or two challenges that are blocking you from getting where you want to be
- you're not getting the results you want doing things the way you've always done them
- you'd like access to best practices and a road map to point your way

[Find out more....](#)

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## Cool Tools - Free Wi-Fi

Afraid of a tool? Especially one that's convenient and FREE? Well, the possible horror of having my accounts hijacked is more than enough to keep me up at night!

Peter Shankman does a good job of explaining the risks and workarounds. Don't say we didn't warn ya!

[Find out more...](#)

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## Great Books - *The Power of Feedback* - Joseph R. Folkman

Many folks fear feedback - both the giving and the receiving! This book provides 35 ways to maximize the benefits of feedback and actually make it actionable.

[Find out more....](#)

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"The thing that cowardice fears most is decision."

- **SOREN KIERKEGAARD**

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