

The Enerpace PaceSetter

News as Individual as YOU are!

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October 2016

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Dear Subscriber,

In last month's "PaceSetter", I wrote about having the privilege of hearing Alpana Singh speak at a PWCC luncheon. Despite all of her professional success and accolades, she battles the perception that she "should" have it all. Or that without a husband and children, she's not "enough".

I promised to complete the story this month, by sharing Alpana's "New Rules" for her life:

1. Failure is part of the process.
2. Stay clear on the intention of your actions and do a gut check before you begin.
3. Set boundaries - you can't say yes to everything or you'll end up with poisonous resentments
4. Protect your self-care time. It's critical.
5. Stay true to yourself and your brand.
6. Don't let boys be mean to you! Know your worth!
7. Why NOT you? Age/race/culture not a barrier.
8. Challenges and roadblocks are also part of the process.
9. Pursue joy and do those things that make you happy.
10. Having enough professionally means you can start giving it away!

Alpana shared her vision is to be a female Rich Melman. She shared her story with us so we'd understand that the ups and downs are all part of the process and we are not alone.

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And most importantly, so we would know that we ARE enough!

Elene

P.S. What does "enough" look like for you? Please post a comment on our [LinkedIn](#) or [Facebook](#) pages so we can share the learnings with each other!

Leadership Learnings

To Hold Someone Accountable, First Define What Accountable Means

Bob Frisch & Cary Greene, *Harvard Business Review*



What's enough accountability? Are you the issue owner, a team coordinator or a tie breaker?

These are important distinctions to clarify before giving or accepting responsibility.

[Find Out More](#)

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Career Management Corner

5 Often Overlooked Benefits That You Should Negotiate With A New Job Offer

Alden Wicker, *FastCompany*

What's "enough" in a job offer? Before you immediately say "yes", remember there are more things to consider besides your annual salary.

Check out these sometimes forgotten benefits and tips on how to negotiate for them!

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Business Building Blocks

Time Management for Entrepreneurs: 5 Laws of the Time-Wealthy

Dave Crenshaw, *LivePlan*

Are you one of those people who never seems to have enough time?

Are you struggling to balance your professional and your personal life?

All events are open to the public and listed in Central Time:

Enerpace offers programs with QTI in Leadership, Career Planning, and Business Management.

Visit the [QTI website](#) to register then click on "Events". And, learn more about QTI and ALL the upcoming workshops and events!

Here are just a few...

"Quality Business Fundamentals" Webinar - 11/5 at 11am CST
[Details](#)

"How to Implement Change in Your Organization" Webinar - 11/7 at 12noon CST
[Details](#)

"How to Implement Change in Your Organization" Webinar - 11/12 at 12noon CST
[Details](#)

"Resume and Portfolio Design" Workshop - 11/18 from 10 - 5pm CST
[Details](#)

"Networking and Job-Interviewing" Workshop - 11/19 from 10 - 5pm CST
[Details](#)

Have questions about social media and building relationships to market yourself, your business, or both?

Enerpace works with [Social Jack](#) to stay on top of the rapid changes in social networking.

Check out "Social Jack TV" at no charge every Tuesday at 1pm CT.
[Details](#)

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Want more time? Then, follow these 5 Time Laws!

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Enerpace News

Lots of exciting changes happening with Enerpace. We're still enjoying our new [Enerpace Executive Coaching](#) website and have even started a [blog](#)!



For over 14 years, referrals from satisfied clients have driven our continued growth. Yet as we add more coaches to our team, we've decided to also launch on an on-line marketing campaign. We have ads out on Facebook, LinkedIn, Google Adwords, and Twitter!

We're still focused on developing agile leaders, agile teams and profitably agile organizations. We remain devoted to helping our clients develop the skills necessary to become successful leaders. We want others to know that as well!

So, if you see one of our ads on social media, check out our landing pages, like it, comment on it, share it with others, tweet it, and so on. Thanks!

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Enerpace Expert

How To Buy A Computer

John Becker, [Medical Office Systems, LLC](#)



What's enough information to buy a new computer? This great article will help you think things through before you actually hand over the

plastic.

Answer some simple questions and you'll have a better idea of what fits your needs!

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Cool Tools

3 Ways to Use MOOCs to Advance Your Career

Walter Frick, *Harvard Business Review*

Using MOOCs?
How much of a MOOC do you need to complete?



The answer to 'what's enough' depends on your purpose for the learning!

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Great Books

Felt Time: The Psychology of How We Perceive Time

By Marc Wittmann



When we talk about "What's Enough?" in our lives, we have to talk about time as well.

Is there time to do all you want to

accomplish? Should you dive-in right now with both feet or should you pace yourself? These are tough questions about our goals and our time.

To get a better summary of *Felt Time*, click [here](#) and decide if there is time in your life to read this book!

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Quotes You Can Use

"The biggest human temptation is to settle for too little."

Thomas Merton (1915 - 1968)
American Catholic Author, Poet and Social Activist

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Go to www.enerpace.com to request
a complimentary coaching consultation!

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