

# The Enerpace PaceSetter

September 2022: Taking the Reins



## We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

Each year it seems like Fall brings a wake-up call. There are only a few months left to achieve our annual goals. Which, in my case, usually includes tackling a major home improvement project of some sort!

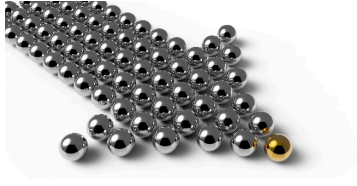
Yet Fall also brings a "New Year" energy with it too. Some attribute it to a new school year. I think it's also due to our U.S. Puritan work ethic: "Summer playtime is over. Time to get back to work"!

What's different this year is HOW we CHOOSE to get back to work. Some folks are refusing to return to the office. Others may find themselves 'quiet quitting' - a concept that's been getting a lot of media attention lately. (It means doing the job you're paid to do during the hours you're paid to do it. Basically, refusing to sacrifice the rest of your life to go over & above/do more with less at work.)

One of my magnificent clients summed this up beautifully as "Taking the reins of me"! HE chooses how he wants to live, work, worship and maintain his health. He doesn't seek out office speculation and gossip, or play 'what if'. He doesn't spend time with energy vampires or those who want to use his talents then take all the credit. It means looking for a new role that values what he brings to the table, and provides interesting work and new challenges.

It is SO powerful to recognize that we have the right - - or duty IMHO - - to decide how we want our very own lives to be! Start now. Take some time this Fall to reflect on this inquiry: Where do YOU need to take the reins in your life?

Whether it's for you, your team or your company, Enerpace can help!



**"The more concerned we become over things we can't control, the less we will do to improve the things we can control."**

John Wooden (1910-2010)

American Basketball Coach & Player



## Leadership Learnings

**To Recover from Burnout, Regain Your Sense of Control**

Elizabeth Grace Saunders,  
*Harvard Business Review*

When we're burned out, everything feels out of our control. So many of us have been feeling this way for years – even before the pandemic began. Challenging our thinking and reassessing what truly is in our control is a great first step to recovery.

[Read More](#)



## Career Management

**5 Ways to Maintain Boundaries With Difficult People**

Margarita Tartakovsky, *Spirituality & Health*

Setting and enforcing boundaries are extremely important when taking the reins of our life and career.

Here are 5 guiding principles and tips to raise the bar on what we're currently doing.

[Read More](#)



## Upcoming Events & Enerpace News

Elene has some speaking engagements coming up so look for more information in our social media and in our October *PaceSetter*.

On October 13th, she speaks on "Presenting Your Best Self" as part of the "Next Steps Bootcamp: Second Edition" for Chicago Booth Alumni. There are four different sessions in the series, so if you're a "Boothie", join us.

To Register

On November 20th, she speaks on "Can't Do Small Talk? Learn to Enjoy Growing Your Professional Relationships" for Holy Name Cathedral Career Networking Ministry. More information to come.



### Enerpace Tool

**Your drawer full of old tech could have a new life - or start a fire. Here's how to handle it.**

**Chris Velazco, *The Washington Post***

This is top of mind for Elene, who came home to a smoke-filled room and strong electrical fire smell. Thankfully, the breaker tripped and there was no actual fire. The fire department found the source – an old, huge UPS device failed.



### Great Books

**The Gifts of Imperfection, 10th Anniversary Edition: Features a New Foreword**

**by Brené Brown**

Part of "taking the reins of me" includes saying no to shame and yes to what Brené calls "wholehearted living".

The 10 guideposts she outlines help us put them into practice.

As we change our clocks and check our smoke detector batteries, let's also take some time to assess the state of our electronics and 'take the reins' on replacing & recycling those that have outlived their useful life.

[Read More](#)

[Read More](#)

## **Need a People Plan to Make Your Business Plan a Reality?**

**We have Solutions for Individuals, Teams & Entire Companies**

Go to [Enerpace.com](https://enerpace.com) to request a complimentary consultation or contact us at

#630-832-4399 or [mail@enerpace.com](mailto:mail@enerpace.com)

### **FOLLOW US**

