

The Enerpace PaceSetter

News as Individual as YOU are!

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September 2016

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Dear Subscriber,

It's been called the "Facebook syndrome" - - feeling badly about our own lives after seeing our friends' magnificent trips, significant others, gifted children, professional achievements and awards on Facebook. When we hold our "little lives" up to such superstars, it's obvious that we are underachievers who simply aren't doing enough! Right?

Well, as Maxine says - "Don't believe everything you think"!



I learned this lesson again when Alpana Singh spoke at the PWCC luncheon this month. Master Sommelier at Everest by age 26. Restaurateur/founder/owner of The Boardinghouse - - which won a James Beard award - - and most recently the Seven Lions. Frequent appearances on the Food Network. Who among us wouldn't envy her life?

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Alpana was an amazing speaker who bravely and authentically shared her story. She answered her calling and became an entrepreneur to address the inner sadness she felt from not living the life meant for her. Along the way, her marriage unraveled, she had a nervous breakdown, sought therapy and battled the pressure that she “should” have it all. Despite all her achievements and success, she still feels the stigma that without a husband and children, she’s not “enough”.

She inspired this month’s newsletter theme, and hopefully all of us, to look at where we’re feeling not “enough”. Alpana had lots more wisdom to share, which I’ll either be blogging about or use as fodder for another newsletter.

Her story has a happy ending as she’s learned to treat herself like the “Ferrari” she is, serve as a mentor and role model for her partner’s kids AND embrace her life as a modern day bachelorette who knows that if she wants nice china, she can damn well buy it for herself! :-)

Be enough –

Elene

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!

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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Leadership Learnings

6 Big Costs of Undervaluing Yourself and How to Build Self Confidence Instead

Matt O'Keefe, *KeepInspiring.Me*



As a leader, the costs of undervaluing yourself or just not recognizing you're enough has many consequences. In fact, It affects you in many ways both in your professional and personal life.

The quote by the Dalai Lama at the end of the article is right on target! Want to be a better leader? Start by reading this article!

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Career Management Corner

Everyone Suffers from Impostor Syndrome — Here's How to Handle It

Andy Molinsky, *Harvard Business Review*

One of the most common limiting beliefs we all share is that of not being qualified. No matter how amazingly successful we appear on the outside, our inner voice

may disagree. What we've seen with our clients, and as the article validates, this is true even for CEOs!

Read further for tips on moving past these types of beliefs that hold us back.

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Business Building Blocks

9 Ways to Show More Confidence in Business

Jacqueline Whitmore, *Entrepreneur*



As an entrepreneur, I am aware of the qualities needed to be successful. You may have all the necessary skills to grow your business, yet still be lacking in the most important one - confidence!

Remembering why you even took the plunge into entrepreneurship in the first place helps build our confidence. Read on for more ideas to help insure your business will be a success!

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Enerpace News

1. We are truly excited that our new [Enerpace Executive Coaching](#) website is up and running!

We remain focused on developing agile leaders, agile teams and profitably agile organizations. However, we updated and modernized our website, to hopefully make it easier for visitors to navigate and find the information they need.



Please check it out and let us know what you think!

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2. Here's a great article on "*How Not to Network: The Worst Networking Mistakes*". We've all received or read advice on what to DO when networking but these DON'T tips are just as important.

Look for our contribution - one of my favorite stories that I've shared many times!

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3. In this article, "70 Female Business Executives Share the Advice They Would Give to Their Teenage Selves", there's lots of interesting advice. As the mom of an almost-13 year old, I was happy contribute as well.

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Enerpace Expert

Five Life-Tested Strategies to Kick the “Not Enough” Feeling to the Curb

[Irina Fursman](#), Health Coach and Reiki Master



Are you finding that what you've always done isn't working any longer? Here are 5 great ideas to try instead to get you back on your desired

path.... and realize that "You are ENOUGH" to attain your goals!

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Cool Tools

The ABC's of Emotional Intelligence

The ABC's of Emotional Intelligence is written by one of our own Enerpace coaches, Diana Atkins!



We use an Emotional Intelligence tool (EQ-i) with clients to help them examine their beliefs and explore what other choices are possible and real for them in any situation.

This "Alphabet Model" is easy to remember and is a perfect tool to use when we're feeling like we're not enough or inadequate for the challenge at hand.

To learn more about EQI and our other assessments, go to our [Assessments Page](#).

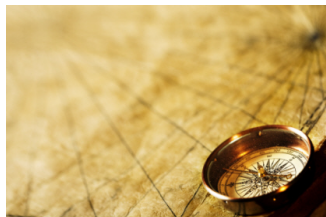
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Great Books

When Is Enough, Enough?: What You Can Do If You Never Feel Satisfied

By Laurie Ashner and Mitch Meyerson



Have you achieved your desired goals but still feel discontented?

Then this book is for you! As the title of our

September Newsletter asks - "What's Enough?" for you?

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Quotes You Can Use

"You alone are enough...you have nothing to prove to anybody."

Maya Angelou (1928 - 2014)
American Poet, Memoirist, and Civil Rights Activist

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a complimentary coaching consultation!

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