

The Energy Leadership Index (E.L.I.) Assessment

A Mirror That Reflects Your World

The Energy Leadership Index (E.L.I.) is a one-of-a-kind assessment that enables leaders to hold up mirrors to their perceptions, attitudes, behaviors, and overall **leadership** capabilities. The E.L.I. forms the initial launching point for the Energy Leadership Development System, helping give you a baseline for your current performance and situation. Whether you proceed through the full system or not, the realizations that you'll gain from the Energy Leadership assessment and debrief process alone will change the way you view your world.

Before we explore the rest of what Energy Leadership may have to offer you, let's define the key underlined term above.

Leadership: Leadership is how you interact with everyone, including yourself. Parents, therapists and health care providers, solopreneurs, sports coaches, consultants, mentors, partners in relationship, teachers, authors, and others who interact with people on a regular basis are all leaders. **EVERYONE is a leader either by choice or default.**

Background: An Attitudinal Assessment

There is two main types of assessments: Personality and Attitudinal. Personality based assessments, such as Myers Briggs and D.I.S.C. are very valuable tools that pinpoint certain personality types so that people can have more of an understanding about what their strengths and weaknesses are. By understanding your personality and how it relates to what you do, you can adapt your behavior to "work with what you have," to function effectively.

The E.L.I. is an attitudinal assessment, which is based on an energy/action model. This assessment differs from personality assessments as it is not intended to label a person and have them work well within that label. Instead, it measures your level of energy based on your attitude, or perception and perspective of your world. Because attitude is subjective, it can be altered. By working with a coach using the E.L.I., you can alter your attitude and perspective, make a shift in your consciousness, and increase your energy and leadership effectiveness.

There are no limits as to the potential growth that you can achieve. Once you realize that your level of consciousness is directly related to your actions, you can move from functioning effectively, to functioning optimally.

As part of the Energy Leadership Index assessment and debrief process, you'll learn about the 7 levels of leadership and how much energy you currently have in the catabolic-suppressing range and in the anabolic-inspirational range. You'll be debriefed on the findings of the assessment, and coached on how to navigate yourself to higher performance.

Catabolic and Anabolic Energy:

The 2 Forces That Create Your World--Every Minute of Every Day

More than a hundred years ago, Albert Einstein addressed the scientific community, passionately presenting the idea that everything we see, hear, taste, touch, and smell is not matter, but energy. **Everything that "matters" is energy.**

On an energetic and cellular level, catabolism usually refers to a breakdown of complex molecules, while anabolism is the opposite. When you hear about a person's catabolic or anabolic energy, however, it's a broader statement about destructive and constructive forces in an entire person, who is made up not only of individual cells but also of anabolic and catabolic thoughts and beliefs.

Anabolic and Catabolic energy are predominant in all of us. Many people experience catabolic energy by constantly reacting to their circumstances with worry, fear, doubt, anger, and guilt. *And thoughts are indeed contagious.* When even a few people in a group have negative feelings, it can spread like a virus. "Group think" sets in, and their thoughts become group "fact." Once that occurs, all can implode energetically in a swirl of gossip, negativity, conflict and contempt.

Remember that "group think" begins with "leader think"

Anabolic leaders have the ability to motivate and inspire themselves and others to do extraordinary things. They have the ability to make energetic shifts in all levels of their life. No matter how effective or ineffective you currently are, you

can transform yourself and others, into a thriving, inspired, positive, productive, and successful entity. And, thus begins your journey to become the ideal 'you'!

This assessment will change your life! How we live is what we teach. Once you are enlightened about energy (catabolic or anabolic) that you live with every day - you will have the opportunity to improve your level of energy thus becoming a happier, more productive individual. Not only will the E.L.I. drastically improve your life, but think about what it will do for your child/children - you are a role model either by choice or default!