

What is the Energy Leadership Index (ELI) Assessment?



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The Energy Leadership™ Index (ELI) assessment is an **attitudinal assessment** tool that captures how an individual **currently perceives and approaches life**. I'll cut to it— it means **helping people get "unstuck."**

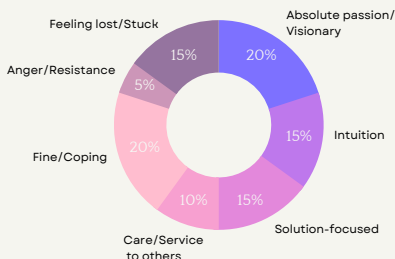
Have you ever thought, "I've gone to therapy, but something still weighs me down." or "Life is overall pretty great, but why do I feel stuck in the same loop?" or "I've been trying to achieve this goal for so long and I'm only inching forward!" Then this is for you! Trust me, coming from someone who stays away from most assessments. This is one of those potentially **life-changing tools** that objectively lets you **step outside of your ego** to see **what's truly holding you back!**



Why is it important?

Energy is everything! (*Thanks Einstein*). And where our energy lies, and how that causes us to think, is a direct link to **what kind of lives we live**, how we show up in relationship to others, and what we attract (*work, people, experiences*). When I speak of energy I mean **what level of consciousness you're living in both under ideal and stressful circumstances**. This measures the amount of anabolic (constructive) and catabolic (destructive) energy in a person's energy makeup, to uncover your beliefs, self-perceptions, emotional reaction tendencies, and behavior patterns that are either helping you succeed, or holding you back.

WHAT'S YOUR GO-TO ENERGY?



WHAT'S YOUR DOMINANT ENERGY LEVEL?

Level 7 **Passion/Vision:** "Everything is as it should be."

Level 6 **Intuition:** "Trust the process."

Level 5 **Opportunity:** "No mistakes. It's an opportunity."

Level 4 **Compassion:** "I'm good. How can I help you?"

Level 3 **Fine/Coping:** "Everything is fine."

Level 2 **Anger/Resistance:** "Everything sucks."

Level 1 **Stuck/Victim:** "This is never going to change."

What do you learn?

- 1) If you're living in a more **conscious or unconscious** place? And how it's impacting you.
- 2) What **energetic space** is dominant, and how does that impact your choices and life experiences? are you always in a victim place? Does anger lead the way? Or are you a compassionate people-pleaser?
- 3) How **satisfied** they are in 8 major areas of their lives, including:

Relationships, health, professional/career, personal development, finances, enjoyment/fun spirituality, and family/parenting.