

# Energy Leadership Index™

Unlock your team's potential with the Energy Leadership Index™

Backed by research in leadership development, performance psychology, and emotional intelligence, the Energy Leadership Index™ (ELI) is a unique attitudinal assessment that measures how individuals show up – especially under stress. Unlike personality tests, ELI offers real-time insight into the energy levels influencing your mindset, leadership, relationships, and results.

## Key Offerings

- ✓ Facilitated Team Workshops (In-person or virtual)
- ✓ 1:1 and group debriefs of Energy Leadership Index™ assessments
- ✓ Custom Strategy Sessions to shift leadership energy and improve performance
- ✓ Identify blocks and patterns that may be limiting impact and influence
- ✓ Gain Tools and Teaching to increase emotional agility, reduce burnout, and build authentic values-based leadership and teams



Jeshanna Forrister is a certified ICF Coach & Energy Leadership Master Practitioner who helps individuals and teams transform from the inside out. With experience guiding executives, military special operators, and organizations through change, she brings a deeply human and results-driven approach to coaching and facilitation.

## Lead with Greater Awareness, Purpose and Impact

Uncover how your energy impacts performance

**7x**

Satisfied with  
Work  
Relationships

**5x**

Satisfied with  
Time  
Management

**14x**

Satisfied with  
Leadership  
Abilities

**7x**

Increased  
Engagement  
at work

**3x**

More  
Productive

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