

Lesley Calvin MA CPC PCC  
Coach | Facilitator | Speaker



LesleyCalvin.ca  
lesleycalvincoaching@gmail.com



MASTER PRACTITIONER  
**ENERGY LEADERSHIP™**  
INDEX

# THE ENERGY OF YOUR LIFE AND WORK IN THE COVID ERA



LESLEY CALVIN MA CPC ACC  
COACH | FACILITATOR | SPEAKER

*Positive Forward Motion*

LESLEYCALVIN.CA  
LESLEYCALVINCOACHING@GMAIL.COM

## ENERGY LEADERSHIP

- Phase 1 - Self - Assessment (Energy Leadership Index)
- Phase 2 - Identify "FAST" triggers and indicators
- Phase 3 - "FAST" Emotional & Behavioural Impacts on YOUR professional life
- Phase 4 - Identify key ELI Development priorities
- Phase 5 - ...

# THE ENERGY OF YOUR LEADERSHIP



Our energy is our currency, our emotional and behavioural self-management is our brand, personally and professionally. To know ourselves and to hold up a mirror to our strengths, competencies, blind-spots, and triggers, as leaders of ourselves, and in the lives of others, is an investment in our professional development, in the relationships we cultivate, and in the organizations and clients we serve.

Embracing an agile Mindset, learning a new framework, and increasing our mindfulness to foster and manage healthy, and positive Emotional Intelligence, in the FAST Lane© is a key and defining element of our individual and collective professionalism, and highly worth the investment of our time and resources.

Prioritizing your holistic growth and development through Coaching and training increases the ROI of your Professional Development dollars and your effectiveness.

*Lesley Calvin*

## Bio

Lesley Calvin, MA, CPC, PCC  
Coach | Facilitator | Speaker

Lesley Calvin is a Leadership Development Consultant, Coach and Trainer, and is highly revered as an Emotional Intelligence Specialist with a warm, dynamic, and impactful approach to her coaching, facilitation and speaking engagements.

As a former Administrator and Leader of People & Departments, Lesley has dedicated almost two decades in her passion-driven career, to the personal, professional and leadership development of individuals and organizations, with the mission of furthering Positive Forward Motion in the \*FAST Lane© by addressing the ultimate triple bottom line (Personal, Interpersonal and Professional success) in order to fuel productivity, increase buy-in and drive results. Lesley is known for building high-performance individuals, teams and programming.

Lesley Calvin is one of few Leadership Development Master Practitioners with the expertise and certification to administer and facilitate both the Energy Leadership Index (ELI) Assessment and the Emotional Intelligence Assessment (EQi-2.0) both recognized by Forbes in their top 10 as must take assessments for Professionals/Leaders. With her unique and specialized approach, Lesley works with individuals and teams to identify strengths, triggers, and development areas, in to deliver elevated results, fuel positivity and foster engagement.

Working with individuals and organizations looking to increase their leadership capacity is her niche. Building emotionally-intelligent high performing skilled professionals, leaders, and organizations is her mission. Fostering awareness of self and others, optimizing individual and collective Emotional Intelligence, and increasing adaptability and tolerance in times of change, and stress is her deliverable.

With a Masters degree in Organizational Leadership (MAOL), Designation as a Certified Professional, Leadership and Transition Coach (CPC), an PCC professional accreditation by the International Coaching Federation (ICF), and an immeasurable passion for personal, professional and leadership development, Lesley Calvin has led countless individuals to understand themselves deeper, build confidence, and healthy assertiveness, as well as develop a framework for stress management and emotional self-regulation in the busyness and stress of life and work.

Lesley's Coaching and Training approach is rooted in positive psychology, and aims to support the healthy development of balance between self and others, personal and professional and, work and life. Lesley takes pride to ensure anyone investing their precious time in her, leaves feeling supported, that they have added to their leadership and emotional Intelligence toolkit, literally and metaphorically, and feels confident about next steps and stretch goals.

Her authentic, dynamic, and engaging delivery style leaves you wanting to sign up for her next workshop, coaching session, or keynote before you're finished the one you are in!





# GOALS





# HOT BUTTON TRIGGERS



# THE ENERGY OF YOUR LEADERSHIP



Energy leadership is based on the concept that the highest levels of energy are anabolic, and associated with nonjudgmental or completely objective thinking. The lowest levels are catabolic, and based on victim thinking and the emotions surrounding that type of thinking.

## Catabolic and anabolic energy

There are two kinds of energy: anabolic and catabolic. Anabolic describes energy that is constructive, expanding, fueling, healing, and growth-oriented. Anabolic energy helps move you forward and achieve positive, long-term, successful results, and is useful in leading others in the same direction. Using anabolic energy allows you to have a more complete and conscious view of what is going on around you, and to more easily come up with solutions and innovations.

Catabolic energy, on the other hand, is draining, resisting, and contracting energy. While catabolic energy provides you with an energetic boost to combat what you perceive to be a stressful situation, it also is distracting and acts like a blinder through which you only see a limited view of a situation, thus reducing the choices available to you. Though it may offer some short-term benefits, when used on a long-term basis, it imparts mental, emotional, and physical tolls that are potentially destructive to you, to your organization, and to all those around you.

Everyone has a mix of different energies. Different levels of energy shows up in different situations, and even different aspects of the same situation can have different energy. At any given point, your level of energy is some combination of these seven levels.

Our energy, and how we experience life, is determined by our thoughts, beliefs, feelings, and behaviors. Some of these have a catabolic effect on us; in other words, they bring our energy down and limit our sense of options. Others have an anabolic effect, meaning they elevate our energy and give us access to a sense of freedom, choice, power, and fulfillment. Each thought we entertain has an energetic consequence. Over time, catabolic energy injures us, while anabolic energy heals or builds us.

Your level of consciousness determines how you read, interpreted and understand life's experiences. You can think of it this way – if you're wearing blue glasses, the world appears to be blue. If you're wearing pink glasses, everything looks pink. Your perceptions determine your reality.

# ENERGY LEADERSHIP

## **ENERGY LEADERSHIP INDEX- LEVEL 1**

Core feeling - I Lose

Core thought – Victim

Core Emotion – Apathy

Core Behaviour/result - Lethargy

This lowest level of energy is catabolic. If you have any energy in this level, you are a victim to (at the effect of) certain events, thoughts, beliefs, emotions, and perceptions that hold you back from success. When using the word “victim,” it is in reference to someone who is at the effect of something. Level 1 energy includes thoughts and feelings of guilt, fear, worry, self-doubt, lack of confidence, and low self- esteem (in general, or in any particular aspect of life).

The result of Level 1 energy is that people feel as though they have a lack of choice or options. Level 1 energy can result in avoidance of situations or difficult issues, and also, trouble making decisions – because you feel helpless to make a difference. Emotionally, Level 1 energy feels bad, and the amount of desire, engagement, and action for life (or a specific aspect of it) is very low, accordingly.

Level 1 energy may show up as avoiding certain situations or difficult issues, not taking action, and avoiding making decisions, all resulting from feeling helpless to be able to make a difference in a given situation or circumstance.

Level 1 energy may show up as people being devoid of emotion and apathetic. At work, they might just try to make it through the day, avoid any confrontation, and take everything personally. They may feel they are always being persecuted for their and other’s mistakes, and often keep their feelings and their opinions to themselves. At home, they may, at times, be victims of an emotional or physically abusive partner, and their relationships are, at best, co-dependent. Even if they are with someone, they may feel like they are alone, and they may sabotage relationships, feeling that they are not worthy of having a good one.

Advantages and disadvantages, some, but not all listed here:

Advantage: Level 1 energy allows people to protect themselves from harm. They can receive attention and sympathy from others, and don’t have to assume responsibility for negative life events.

Disadvantage: People with a lot of Level 1 energy have little to no engagement in roles and tasks. They encounter great difficulty effecting change and improving life circumstances. They lack the ability to lead themselves and others.



# ENERGY LEADERSHIP



## **ENERGY LEADERSHIP INDEX- LEVEL 1**

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 1 ENERGY?

HOW DOES LEVEL 1 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 1 ENERGY?



# ENERGY LEADERSHIP

## **ENERGY LEADERSHIP INDEX- LEVEL 2**

Core feeling – I win and you lose

Core thought – Conflict

Core Emotion – Anger

Core Behaviour/result - Defiance

Level 2 energy is also catabolic. It is the predominant energy not only in the workplace, but in life, in general. Level 2 energy is characterized by conflict (internal or external), with the core emotion being anger. This energy contains thinking of antagonism, struggle, resistance, blame, frustration, and defiance.

From a Level 2 perspective, everything tends to be viewed as black or white, right or wrong, good or bad. These judgments result in limited options, as the full scope of available possibilities is not apparent to the person operating with Level 2 energy

People with Level 2 energy often manage and operate by force, control, or coercion. They may appear to be very confident, always thinking that their way is the “right” way. They can get caught up in focusing on “what’s wrong,” “what’s broken,” and, potentially, “who [or what] is to blame.” While initial results may look successful, this way of leading others and organizations will ultimately fail, as the effort expended to live and act with constant catabolic energy will drain them and those around them.

With Level 2 energy, people can be angry, and they may blame themselves and others for their lives, the past, and for any negative thoughts and emotions. People with predominant Level 2 energy are usually not as happy, fulfilled, or as emotionally satisfied as they could be. Their work and home life are neither as productive nor as exciting or fulfilling as they’d like, and they usually don’t feel like they are contributing, nor do they feel appreciated. They may feel taken advantage of, and many people at this level refuse to open up fully, because they don’t trust their partner completely and so hold back. Most important, most people with this energy feel their life is not where they’d like it to be. In comparison to Level 1 energy, people with this energy are very willing to do something about that.

Advantage: Level 2 energy enables people to get a lot done by themselves; they can also motivate others, temporarily. They are usually very good at “playing the game” the way it was taught to them.

Disadvantage: Level 2 energy can alienate other people, and cause them to be motivated by anger or fear. Because of that, other people are not inspired, and Level 2 forcefulness can cause them to be dissatisfied and unproductive.



# ENERGY LEADERSHIP



## ENERGY LEADERSHIP INDEX- LEVEL 2

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 2 ENERGY?

HOW DOES LEVEL 2 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 2 ENERGY?

# ENERGY LEADERSHIP

## ENERGY LEADERSHIP INDEX- LEVEL 3

Core feeling – I win and I hope you win too

Core thought – Responsibility

Core Emotion – Forgiveness

Core Behaviour/result - Cooperation

Level 3 begins anabolic energy. At this level, people take responsibility for their thoughts, emotions, and actions, and know that what they think and feel is up to them, not others.

The focus of Level 3 energy is on winning, through achieving your goals and meeting your own agenda, first and foremost. The difference between this and winning at Level 2 is that the intention of those operating from a Level 3 perspective is to have the other person win as well, but only after securing the win for themselves. In other words, the intention of Level 3 is “I win, and hopefully you win, too,” but either way, “I win” is the primary goal.

People who have a lot of Level 3 energy are masters at rationalization. They will motivate themselves and others by finding ways to cope, release, forgive, tolerate, compromise, and explain away resentment, stress, disappointments, and other burdens in order to encourage cooperation and productivity.

People with predominant Level 3 energy may still blame others, but they rationalize other people’s behavior to forgive them, thereby releasing catabolic energy. They find a way to rationalize thoughts and experiences as a coping mechanism. They may feel unfulfilled and disappointed about their lot in life, as things didn’t quite turn out as planned. At work, they may rationalize conflict with others to be able to maintain the peace (which is very important to them) and continue to be productive, and they might actively seek to repair damaged relationships and conflicts with others. In relationships, there is a certain dance between them and their partner, and though each understands their roles, they really don’t understand the other person and try to “fix” the other instead of trying to grow together.

Advantage: You don’t allow other people to stand in the way of what you want; you have the ability to avoid, block, and/or release negativity of others; you’re able to engage people easily. You won’t stop until you get what you want.

Disadvantage: You could be manipulative, self-concerning; hopes and promises are not given from the heart, but from the head; you’re not concerned if things don’t work out because you “did your best.”



# ENERGY LEADERSHIP



## ENERGY LEADERSHIP INDEX- LEVEL 3

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 3 ENERGY?

HOW DOES LEVEL 3 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 3 ENERGY?

# ENERGY LEADERSHIP

## ENERGY LEADERSHIP INDEX- LEVEL 4

Core feeling – You win

Core thought – Concern

Core Emotion – Compassion

Core Behaviour/result - Service

This energy is moderately anabolic, and its core thought is concern for others. It is the level of caring, giving, supporting, and helping. Level 4 energy looks and feels very selfless, since the focus of these actions is to work and achieve so others win and succeed.

At Level 4, people take little or nothing personally, as they are more able to see things objectively.

People with Level 4 energy feel that a true win for them is achieved when the other person wins first, and so, the Level 4 perspective is “You win,” since being of service to others supersedes the need to do for themselves.

Leaders with Level 4 energy have a great deal of compassion for others and are inspired, and inspire those around them, to serve others. They often foster collaboration, teamwork, and loyalty. This is a very high level of energy, which can lead to great success.

When operating primarily from Level 4, people no longer take anything personally. People at this level have deep compassion for what they do and who they do it with. They will seek to fix everything and get upset when things can't be fixed. At work, they often take on a lot of the burden from others, feeling they can handle it, but mostly to help the other person. They look to work more as a team than as individuals as in the lower levels. At home, they always seek to meet their partner's and family's needs first, before they meet their own. They are giving, loving, caring, and nurturing. They look to help instead of control.

Advantage: You take little personally; you truly care for and help everyone to do their job the best they can.

Disadvantage: You can get caught up in other people's dramas; your motivation can be more for being liked than for being productive.



# ENERGY LEADERSHIP



## ENERGY LEADERSHIP INDEX- LEVEL 4

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 4 ENERGY?

HOW DOES LEVEL 4 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 4 ENERGY?

# ENERGY LEADERSHIP

## ENERGY LEADERSHIP INDEX- LEVEL 5

Core feeling – We both win or we don't continue

Core thought – Reconciliation

Core Emotion – Peace

Core Behaviour/result - Acceptance

This moderate-to-high anabolic energy is found in the greatest leaders in all walks of life. Leaders with Level 5 energy have a highly conscious, wide-ranging view of situations and, thus, have many choices available to them as they “play the game of life.”

Level 5 energy reconciles good and bad, and right and wrong – so that nothing is judged one way or the other. People with Level 5 energy begin to see everything as an opportunity – meaning they do not simply make “lemonade out of lemons,” but they are genuinely as excited by the things that do not go as planned as by the things that do. The core thought is on reconciling, or accepting, differences, rather than identifying and focusing upon trying to change them.

The intention associated with this energy is predominantly, “We all win or we don't play.” Many people give lip service to this concept, but few actually walk the talk with it. Leaders with Level 5 energy are calm, powerful, entrepreneurial-minded, confident, and feel a sense of inner peace and fulfillment. They are in control of their lives and live with the belief that they can, and do, choose their life experience.

Level 5 energy is associated with being able to reconcile right and wrong. At this level, instead of seeing things to fix, people try to create opportunities from whatever happens. They are usually very intelligent people, although often lack some emotional awareness. At work, these are people who will look at “what's right,” instead of “what's wrong.” They are great at taking any challenge and turning it around. They are usually in leadership roles and are seen as people who can fix things quickly. However, fixing things is not what they want to do. Instead, they prefer people help themselves, so they can instead focus on production.

At home, they continually look to grow the synergy of the relationship, with the purpose of getting the most out of it. They communicate rather well, but can sometimes become roommates instead of romantic partners.

Advantage: You find opportunities in all challenges and take little to nothing personally.

Disadvantage: You can experience paralysis by analysis and be disengaged from emotions. Sometimes, your optimism can cause you to take too many risks.



# ENERGY LEADERSHIP



## ENERGY LEADERSHIP INDEX- LEVEL 5

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 5 ENERGY?

HOW DOES LEVEL 5 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 5 ENERGY?



# ENERGY LEADERSHIP

## ENERGY LEADERSHIP INDEX- LEVEL 6

Core feeling – Everyone always wins

Core thought – Synthesis

Core Emotion – Joy

Core Behaviour/result - Wisdom

This high-to-very high anabolic energy is associated with the core thought of synthesis, which is the blending away of the illusion of individuality and instead, the ability to see the whole, in lieu of just its parts. People with Level 6 energy see everyone and everything as a part of themselves.

At Level 6, the experience is the opportunity. There is no good or bad, and nothing to improve.

Level 6 is a place where intuition comes alive. Creative geniuses, visionaries, and brilliant and conscious leaders, in all walks of life, tap into this level of energy and use it to create new and exciting innovations and variations for everyone's benefit.

At Level 6, there is a sense of connection with everyone and everything. This leads to a "We always win" perspective. This means that, in reality, no one really ever loses. All that happens has purpose and value, and by taking a long instead of short view of life and its circumstances, a purpose can be found in everything that happens. Level 6 energy brings a permanent sense of pleasure, satisfaction, and joy.

Level 6 energy may show up as people being able to synthesize and to create power from partnership. At work, these people have a lot of creative and proactive energy. They are visionaries who don't wait for things to happen to react to, but see everything as an experience to live and learn from. Their goal is not at the end of the rainbow, but in the process, instead. They are calm and unflappable, and inspire greatness in others. At home, they do not look to improve relationships, but only to experience them. They are easygoing and very flexible. They are not interested in being right, or keeping the peace by making others happy. Instead, they are fine with allowing the relationship and all that occurs within it to continue, enjoying all aspects of it without judgment.

Advantage: You're empathetic: you have the ability to feel and connect without judgment. You're also able to access intuition.

Disadvantage: You might not be grounded and could be out of touch with others and viewed as aloof. You may be a high-risk taker.



# ENERGY LEADERSHIP



## ENERGY LEADERSHIP INDEX- LEVEL 6

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 6 ENERGY?

HOW DOES LEVEL 6 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 6 ENERGY?

# ENERGY LEADERSHIP

## **ENERGY LEADERSHIP INDEX- LEVEL 7**

Core feeling – Winning and Losing are irrelevant

Core thought – Non-judgement

Core Emotion – Absolute passion

Core Behaviour/result – Creation

This is the highest level of anabolic energy, which is characterized by completely objective thinking, non-judgment, and fearlessness. The master of this level can tap into, and use, any of the lower levels at will. At this level, we create, observe, and experience, all at the same time.

With Level 7 energy, leaders are capable of viewing their world and their organizations with complete objectivity. At this level, it is understood that “Winning and losing are illusions;” they are terms that humans created to help us play the game of life by the rules we also created. No human resonates completely at this level, but with practice, everyone can learn to access it.

People who tap into this level of energy are the most powerful people in the world. They consciously co-create their life experience and are participants and observers at the same time.

No one resonates at Level 7; however, people with a lot of Level 7 energy are pioneers and create something from nothing. At work, this energy becomes apparent in genius thinking, such as in the case of spontaneous creation of brilliant ideas. These people are not interested in any reward, nor does the experience offer any more joy than does walking the dog. They are completely passionate about all aspects of life. At home, those with a lot of Level 7 energy may prefer to be alone, not feeling much of a need to share their lives with any one individual. Instead, they feel intimately connected to everyone. When they do have a partner, they feel unconditionally loving and completely accepting of that person, but can sometimes be seen as aloof and uncaring.

**Advantage:** At this level, you can create anything you choose, whenever you choose to, as quickly as you believe possible. You are connected to an intelligence of the highest order.

**Disadvantage:** If any, there is less emotional drama, as nothing is seen as real (which is why there are six other levels). You can be perceived by others as being disconnected.



# ENERGY LEADERSHIP



## ENERGY LEADERSHIP INDEX- LEVEL 7

WHAT ARE SOME CIRCUMSTANCES IN WHICH YOU EXPERIENCE LEVEL 7 ENERGY?

HOW DOES LEVEL 7 ENERGY SHOW UP FOR YOU?

WHAT TRIGGERS YOUR LEVEL 7 ENERGY?

ELI Levels	Description and How it shows up	Primary & Secondary	Primary & Secondary in the FAST lane
------------	---------------------------------	---------------------	--------------------------------------

ENERGY LEADERSHIP INDEX ASSESSMENT

Level 7	-----	-----	-----
Bliss	-----		
Level 6	-----	-----	-----
Visionary	-----		
Level 5	-----	-----	-----
Opportunity	-----		
Level 4	-----	-----	-----
Compassion	-----		
Level 3	-----	-----	-----
Rationalizing	-----		
Level 2	-----	-----	-----
Anger/Control	-----		
Level 1	-----	-----	-----
Victim/Powerless	-----		

PHASE 1 - SELF ASSESSMENT





# THE ENERGY OF YOUR LEADERSHIP



**REFLECT ON THE DIFFERENCE BETWEEN YOUR ENERGY PROFILE (EP) LEVEL AND YOUR ENERGY STRESS RESPONSE (ESR) LEVEL.**

WHAT DO YOU NOTICE?

WHAT HAPPENS TO YOUR ENERGY WHEN YOU'RE UNDER STRESS?

WHAT KIND OF SITUATIONS TRIGGER YOUR ESR?

HOW MIGHT THIS BE AFFECTING YOUR PERSONAL AND PROFESSIONAL SUCCESS?



P H A S E 3 - I M P A C T







# POSITIVE FORWARD MOTION GOALS



Positive - with a focus on moving your anabolic energy UP or staying up (3-6) while in the FAST Lane©

1.

2.

3.

Forward - What ELI level(s) will you address to move you FORWARD meet your Positive Goals



## PHASE 5 - POSITIVE FORWARD MOTION

COPYRIGHT 2020 POSITIVE FORWARD MOTION IN THE FAST LANE© IS PROPERTY OF LESLEY CALVIN COACHING- DO NOT COPY OR PRINT WITHOUT EXPRESSED WRITTEN PERMISSION



# ENERGY LEADERSHIP



**NOTES AND KEY TAKE-AWAYS:**



POSITIVE FORWARD MOTION MINDSET

INTRODUCTION TO EMOTIONAL INTELLIGENCE

EMOTIONALLY INTELLIGENT LEADERSHIP

THE ENERGY OF YOUR LIFE AND WORKPLACE

# THE POSITIVE FORWARD MOTION ACADEMY

## WELCOME TO YOUR SPLASH-ZONE OF AWESOME!

Whatever you are not **changing**,  
you are **choosing**.  
**Your energy is your choice.**  
The **energy** of your life is *your* choice.  
HUGE congratulations for **CHOOSING** to move  
yourself in **Positive Forward Motion**

If you are interested in continuing your Positive Forward Motion Mindset Journey please find below the high-level overview of the Online line Course! You can complete this inner growth journey in the quiet comfort of your own home or office or choose to add in 1:1 Coaching Sessions with me.

Message [lesleycalvincoaching@gmail.com](mailto:lesleycalvincoaching@gmail.com) to discuss further or head to [lesleycalvin.ca/pfm-on-line-courses](http://lesleycalvin.ca/pfm-on-line-courses) for additional details!

### The Positive Forward Motion Mindset Online Course

#### Know Thy Self

Who are you? Like, who are you really? Warts and all. In Phase 1, we will do a Deep DEEP dive into self-awareness, through activities, videos, assessments, and holistic reflections. By the completion of Phase 1, you will truly know YOU!!

PHASE 01

#### Your Mindset Understanding our Emotional Selves

We want to 'let go', right??  
**BUT HOW???**

What types of stimulus (we will get very specific) are launching us into the FAST Lane® and most importantly WHY and what can we do to be more mindful about our triggers?!??!

PHASE 02

#### The true cost of NOT Changing

How is your emotional re-activeness showing up in your life, your wellness, your relationships, and your workplace?

Perception is reality and if you are struggling to manage your stress and emotions, then your health and wellness, relationships, and emotional effectiveness are likely being negatively affected.

PHASE 03

#### The FAST Lane Model and PFM Goals!

In Phase 4 we take your deep understanding of self, your awareness of your specific pain points and triggers, as well as a holistic understanding of how they are currently impacting your life to brainstorm opportunities, growth points, and barriers and then set your POSITIVE FORWARD MOTION goals!

PHASE 04

PHASE 05

#### You, 2.0

With your shiny new Positive Forward Motion Mindset, we dive FULL FORCE into your SPLASH ZONE of awesome as you embrace living and working in Positive Forward Motion!

#### An Emotional Self-Awareness, Self-Regulation & Mindset Reset Program

Do you sometimes struggle to feel emotionally calm and grounded? Are your thoughts stuck on a repeat of past or future experiences that you would love to 'let go'? Do you feel emotionally reactive in times when you want to have clarity, feel calm, empowered, and confident? Have you lost YOU in the FAST Lane® of life and work?

#### Then this is the program for YOU!

This program is ideal for anyone struggling to feel more purposeful, peaceful, grounded, & positive in their own life & work.

[lesley@positiveforwardmotion.ca](mailto:lesley@positiveforwardmotion.ca) to get in Positive Forward Motion TODAY!!!!



LESLEY CALVIN, CA  
COACH | FACILITATOR | SPEAKER

### The Positive Forward Motion Mindset

MODULE 1

Know thy Self. Welcome to the true YOU!

MODULE 2

What's your Type?

MODULE 3

The Energy of your Life and Work

MODULE 4

Emotional Intelligence and Emotional Effectiveness

MODULE 5

Introduction to The FAST Lane® Model

MODULE 6

You, a case study in mindfulness, mindset, & choice!

MODULE 7

Applying, applying again, and REAPPLYING the FAST Lane® model in YOUR life and work.

MODULE 8

Finale! Your Energy IS your Choice!



[lesley@positiveforwardmotion.ca](mailto:lesley@positiveforwardmotion.ca) to get in  
Positive Forward Motion TODAY!!!!

# ENERGY LEADERSHIP

## SUPPLEMENTAL INFORMATION OF THE ENERGY LEADERSHIP INDEX ASSESSMENT

Below, 15 members of Forbes Coaches Council share the best assessment tests they recommend to their clients and why they are important. Here is what they had to say:

Understanding who you are as a person and the strength and weaknesses you possess can make it easier for you to identify the areas you need to work on to become a more effective leader. You may need help with communication skills or assistance with effective management of your employees — both of which can make you more efficient as a boss.

<https://www.forbes.com/sites/forbescoachescouncil/2018/01/22/best-tests-to-help-you-understand-your-strengths-and-weaknesses/#31f99927495a>

Energy Leadership Index Assessment

The Energy Leadership Index Assessment is an attitudinal assessment -- it doesn't label you. It helps you see and understand why you respond the way you do to events, which is based on your perception. You can learn to perceive events in different ways that enable you to respond in different, perhaps more desirable ways. This helps you respond in more emotionally intelligent and appropriate ways. - Success Rockets LLC

<https://www.forbes.com/sites/forbescoachescouncil/2018/05/01/11-assessments-every-executive-should-take/#25cae5f47a51>

Energy Leadership Index Assessment

The Energy Leadership Index Assessment provides a unique lens on self-awareness and emotional intelligence, two key ingredients for any leader. Situational awareness of yourself and others is critical for a leader to respond appropriately to the people in their charge. Understanding where you are at any moment and how you respond to stress can make all the difference. - Larry Boyer

*Inner growth drives outer success*



### **Positive Forward Motion Inc**

Lesley Calvin MA CPC PCC

Life, Leadership & Organizational  
Culture Specialist

**Coach | Trainer | Speaker**

Certified Emotional Intelligence,  
Energy Leadership (Mindfulness) and  
Positive Leadership Development &  
Organizational Culture Specialist

**Inspire. Engage. Transform. Lead.**

[LesleyCalvin.ca](http://LesleyCalvin.ca)

[FB](#) [Instagram](#) [LinkedIn](#) [Twitter](#)

Message [lesleycalvincoaching@gmail.com](mailto:lesleycalvincoaching@gmail.com) to take the next step in YOUR journey.