

Do you wonder what happens to your energy and effectiveness as a leader when you are under stress? What differences could you see with your team and your overall productivity if you were able to master your energy under stress and choose a response rather than just reacting?

Take an Energy Leadership Index Assessment with Walt and we will identify what your energetic strengths are and what happens to those strengths under stress. The assessment gives you a profile of how you view situations under stress and on a good day. Walt will debrief the assessment with you so that you fully understand your results. From that understanding, he will help you create a plan to build your strengths and give you more control of your reactions under stress.

What if you could identify when people on your team were acting out of a stress behavior? What if you could recognize your own stress reactions and choose a different, more powerful way to respond?

More details about the Energy Leadership Index is below:

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## **Energy Leadership™ Index 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.

### **Background: An Attitudinal Assessment**

There are 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.

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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.

If you proceed on to the Energy Leadership Development System, you'll be coached on how to become your ideal image of who you need to be as a leader for your situation, division, team, and/or company.

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