



Energy Leadership Index Assessment

"Uncover Your Vibe"

Ever wondered how you show up in the world or wonder how you can change it? How does your mindset impact your level of success and happiness? The Energy Leadership Index Assessment is geared toward helping you understand yourself in a way you never have before. Learn your Energetic Profile which is how you show up and see the world based on your current filter or lens. Then learn your Energetic Stress Reaction which is how your energy or vibe shifts when you are triggered by stress. And finally, I'll identify your current Key Pattern that is causing self sabotage. Boom.

What's Included:

ELI assessment, which you will complete and submit. I'll receive your results and then we will have an awesome, mind blowing session where I will guide you through the results and you will learn some pretty amazing things about the one and only you. The debrief session will be 75 minutes via phone.

Purpose of the Assessment—

- a. The purpose of the ELI is to see how different energy shows up in your home and work life.
- b. We'll also look at how your thinking and life situations may be creating stress for you.
- c. Finally, we'll uncover any internal energy blocks which are holding you back from success.

What It Measures—

- a. The assessment measures your current potential leadership ability (the potential you have for motivating and inspiring others from all aspects of your life, but yourself as well to take positive and purposeful action and achieve success). Everyone is a leader, either by choice or by default - you lead your life.
- b. Your scores represent your current energy profile; they are not a predictor of the future.
- c. It also measures your level of engagement in life. (Engagement is how emotionally and intellectually involved you are in what you do and who you're with.)
- d. Your current level of consciousness, or awareness of your own thoughts and emotions and the energy you live with every day.

This is important because the more conscious and engaged you are, the more productive and successful you can be in all aspects of your life as stress is reduced. Taking the ELI helps you become more productive with less effort and helps you see how to create more fulfillment.



“Lead Like a Badass”

Package Description:

A transformative leadership development system based on 7 Levels of Leadership and 8 Building Blocks that enable powerful changes in you, those around you, and your entire business. 9 months of coaching along with independent work you do weekly. ELDS is amazing for all your business leadership goals and opportunities.

What’s Included:

- ❖ Business Assessment and strategic roadmap**
- ❖ Weekly Coaching Sessions**
- ❖ Energy Leadership Development System materials**
- ❖ Email support between sessions provided**

Set up your free virtual coffee chat with Brooke [here](#), to discuss.

*This contains my interpretation of the copyrighted work of Bruce D Schneider and the Institute for Professional Excellence in Coaching (iPEC).