



CESA 6 GROWTH & DEVELOPMENT CENTER
LEADERSHIP COACHING



We now offer certified Institute of Professional Excellence in Coaching (IPEC) leadership coaching and the Energy Leadership Index (ELI and ELI 360) Assessment Tools

What is the Energy Leadership Index and What Can It Do For Me?

The Energy Leadership Index, or ELI, is a 70-item, web-based assessment that leads people through rating themselves on their beliefs, self-perceptions, emotional reaction tendencies, and behavior patterns. The questionnaire is designed to measure the amount of anabolic and catabolic energy in a person's core energy makeup, under both ideal and stressful circumstances. The more a person can reduce catabolic energy and increase anabolic energy, the higher their core energy will be. *Knowing where your energy resonates during normal circumstances as well as under stress is the first step in shifting your energy!*

The ELI 360 allows the participant to gather feedback from colleagues, managers, friends, clients, and any other people or groups from whom feedback is desired on key leadership competencies. The results will help the participant understand how their actions are perceived by others, as well as the amount of anabolic and catabolic energy in a person's core energy makeup under both ideal and stressful circumstances.

In a professional setting, the shift toward anabolic energy allows people to access creativity and intuition more quickly, rather than resorting to anger, resentment, and other low-level responses that can sap productivity and create division across teams. When you are aware of your energy and the energy of others, you can harness it to become more collaborative, more inspirational, and more empowered.

How Does the ELI Differ from Other Assessments?

There are two main types of leadership assessments: Personality and Attitudinal. Personality assessments help you understand your strengths and weaknesses in order to function within those labels. The E.L.I. is an attitudinal assessment that measures your attitude and perception in order to increase your awareness of what type of energy you are responding with. With that knowledge, and with insights from a coach, you can make a shift in your consciousness, respond with increasingly effective energy, and optimize results for both you and those around you.

After Taking the ELI or ELI 360:

After you take the Energy Leadership Index or the ELI 360, your Certified Professional Coach will meet with you to go over the results. Your in-depth 90 minute session will cover the thoughts, emotions, and actions behind each of the seven levels of energy and raise your awareness of how your current response to situations may be serving you and others. You

and your coach will examine your Energetic Profile so that you will gain insight into how your life experiences may impact your energy levels, and how you can move forward to realize your potential.

E.L.I. Impact Possibilities

Understanding your energetic response both in normal circumstances and under stress, will have an impact on your daily actions. Following up this understanding with coaching that will help you identify how to shift your conscious thoughts, feelings and behaviors will help you engage in more meaningful and synergistic collaborative conversations and help you achieve the vision and goals you set for yourself. *Leaders demonstrating anabolic energy can shift and re-engage their teams into finding solutions and opportunities and dramatically shift the culture of a team and organization as a whole.*

The research on being aware of how to raise your core energy is telling. Results from a 2017 study of over 29,000 corporate coaching clients that took the E.L.I. Assessment, received coaching services, and then took the E.L.I after coaching showed statistically significant findings in the areas of increased energy levels as well as income and promotion. You can read the entire report entitled [Raising Your Core Energy Can Lead to Financial Gain](#). Financial gain may not be your end goal, but reaching your potential both professionally and personally are often cited benefits as well.

Connect with a Certified Professional Coach and E.L.I. Master Practitioner at the CESA 6 Growth & Development Center to discuss the vision you have for yourself as a leader and how the E.L.I. or E.L.I.360 Assessment and Debrief Session can be the first step toward leading your organization to exceed your expectations.

