

## THE FRAMEWORK

Energy Leadership is the process that develops a personally effective style of leadership that positively influences and changes not only yourself, but also those with whom you work and interact, as well as your organization as a whole.

What will it take to shift the pressure and negativity that surrounds not only corporate America but our personal lives and the state of our communities? What will help employees to be productive, content, and have a positive view of both the organizations they work for and the people they work with?

It will take a powerful leader who is skilled, highly sophisticated, and versatile, and one who understands the power of energy.

## ROB'S OPPORTUNITY

The opportunity for Rob was to change the way he leads by taking the time to process and reflect before "reacting" - The "react" reflex resulted in a defensive posture that wasn't always beneficial and leveraged too frequently built a silo around him and his team. Another major opportunity was to build greater awareness around how self-deprecating humor and self put-downs can impact his own confidence and self-esteem in addition to how his team, his colleagues, and others view him.



### Average Resonating Level

is the average of all your energy levels, under normal conditions and in reaction to stressful circumstances.

**2.83**

BEFORE

**3.34**

AFTER

**+.51**

DELTA

The results are significant and research shows that a .5 increase or greater in ARL results in higher levels of satisfaction across 14 variables including: Financial Success, Leadership Ability, Engagement At Work, Energy Level, Time Management, Personal Freedom, Productivity, Etc.

# 7 Different Levels of Energy / Consciousness

	LEVEL	CORE THOUGHT	CORE EMOTION	CORE ACTION	ADDITIONAL INFO
CATABOLIC	1	VICTIM	APATHY	LETHARGY	I LOSE, I HATE MYSELF GUILT, SELF-DOUBT, WORRY, FEAR, EMBARASSMENT, ANXIETY, LOW SELF-ESTEEM
	2	CONFLICT	ANGER	DEFIANCE	I WIN, YOU LOSE; I HATE YOU RESENTMENT, HATRED, GREED, STRESS DISAPPOINTMENT, FRUSTRATIONS
ANABOLIC	3	RESPONSIBILITY	FORGIVENESS	COOPERATION	I WIN, IF YOU WIN TOO; GREAT RELIEF, RATIONALIZATION, JUSTIFICATION, TOLERANCE
	4	CONCERN	COMPASSION	SERVICE	YOU WIN; I LOVE YOU GRATITUDE, LOVE, CARING, TAKES NOTHING PERSONALLY, PLAYFULNESS
	5	RECONCILIATION	PEACE	ACCEPTANCE	WE BOTH WIN; I UNDERSTAND YOU CALM, CONFIDENCE, FULFILLMENT, STRONG OUTER FAITH
	6	SYNTHESIS	JOY	WISDOM	EVERYONE ALWAYS WINS; I AM YOU FEARLESSNESS, ONENESS, ABILITY TO ACCESS INTUITION
	7	NON-JUDGMENT	ABSOLUTE PASSION	CREATION	WINNING & LOSING ARE ILLUSIONS UNCONDITIONAL LOVE, ECSTASY, GENIUS, FOCUS ON "EVERY" AND "NO" THING

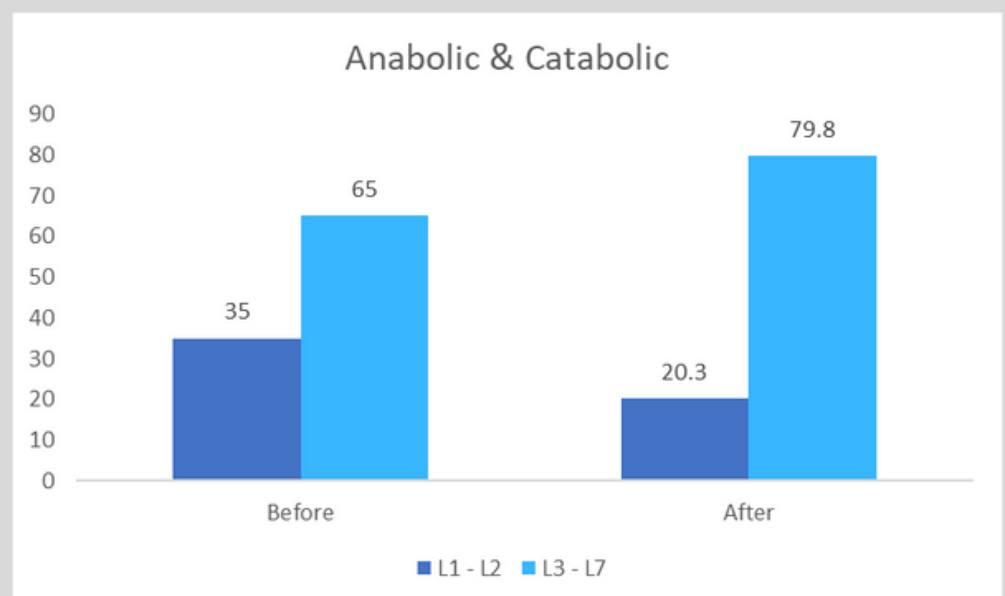
\*Energy Leadership is a product of Bruce D Schneider, Energy Leadership, & The Institute for Professional Excellence in Coaching

## ENERGY / CONSCIOUSNESS SHIFTS

### Before & After

Anabolic and Catabolic energy are predominant in organizations as well as people.

Many organizations experience catabolic energy by constantly reacting to their circumstances with worry, fear, doubt, anger, and guilt. And thoughts are indeed contagious.

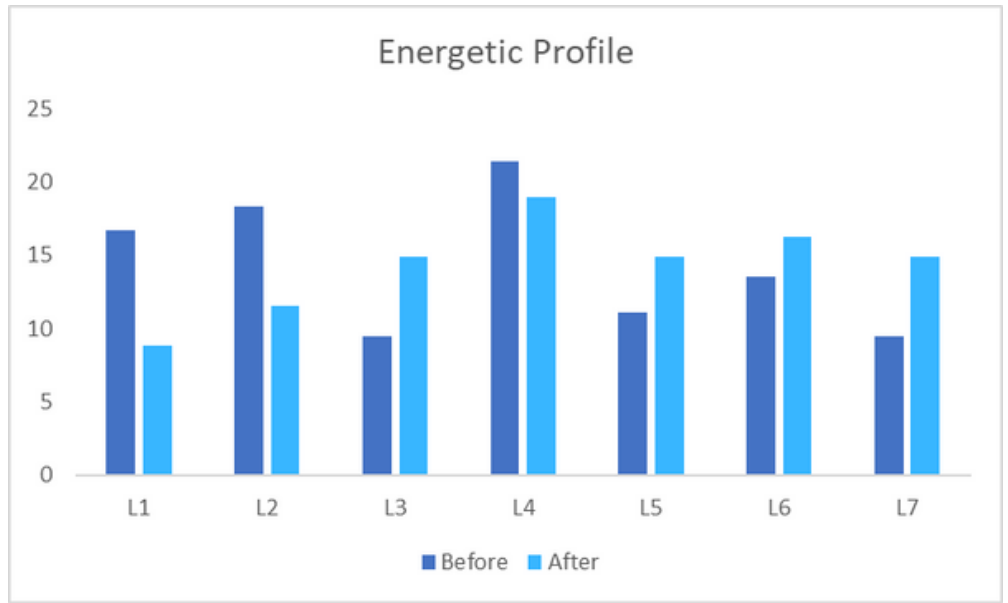


#### Energetic Profile:

Reflects your overall energetic makeup, your unique combination of the seven levels of energy, which creates your typical viewpoints, perceptions, and beliefs about any and all aspects of life.

L1 - L2 = Catabolic  
L3 - L7 = Anabolic

Anabolic leaders have the ability to motivate and inspire themselves and others to do extraordinary things. They have the ability to make energetic shifts in all levels of the organization. The most successful organizations are those that are filled with powerful, positive, anabolic leaders, and that means everyone in the organization, not just the "ones at the top."



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The Energy Leadership Development System is firmly rooted in 7 levels of awareness, which will catapult the energy and performance of motivated leaders to a level that is perceived by all those around you as the "ideal" for your role.

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. It is the only assessment of its kind and one that has a complete, clear, customized coaching program associated with it.

**WHAT PEOPLE THINK & FEEL DIRECTLY CORRELATES TO THEIR LEADERSHIP POTENTIAL, OVERALL SATISFACTION AND THEIR LEVELS OF PRODUCTIVITY!**

**LEARN MORE** 

