**Noa’s Coaching**

**Empowering Human Relationships through Leadership and Communication**

**ENERGY LEADERSHIP INDEX ASSESSMENT**

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

• **Purpose of the assessment:** As individuals, we view the world through filters (based on our experiences, values, assumptions, etc.). Those filters will either limit what we see (like tunnel vision) or expand what we see (like a prism) and, thus, impact how we perceive and what we think about our circumstances. This, in turn, impacts how we show up in different situations.

This assessment reveals what specific filters you’ve developed and how those filters are influencing the results you’re achieving.It helps you see how your thinking and/or your life situations might be creating stress for you and what we can do about that; and to uncover internal energy blocks, which are holding you back from success, happiness, and purpose.

* **Assessments Background:** 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 Energy Leadership Index (ELI) is an attitudinal assessment. It measures your frame of reference through which you experience the world in all dimensions – spiritual, mental, emotional, physical, etc. The assessment also shows your reaction to stress. This is important because recognizing your reaction to stress is the first step toward reducing the level of stress you experience. Both your Energetic Profile and your Energetic Stress Reaction are indicators of:

1. your CURRENT ability to motivate and inspire others & yourself in all aspects of your life, to take positive, purposeful action and achieve success;
2. your CURRENT level of engagement in life (how emotionally and intellectually involved you currently are in what you do and who you’re with); and
3. your CURRENT level of awareness about who you are and what life is about.

**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 ELI, you can alter your attitude and perspective, make a shift in your consciousness and increase your energy and leadership effectiveness.

• **Why That is Important:** Most people just go through the motions in life; and are mostly somewhat disengaged from true passion and fulfillment. When they become more conscious and engaged, judgment lessens, stress lessens, and productivity, pleasure, and the feeling of purpose and fulfillment increase.

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 life, situation, division, team and/or company.