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# What's Your E-Factor?

## The 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 individuals 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.

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.