

# Energy Leadership™ Index Assessment

**Understand how you expend energy when addressing challenges**

The Energy Leadership™ Index Assessment, created by the Institute for Professional Excellence in Coaching, is an attitudinal assessment that captures how you approach your work and life. This assessment looks closely at where and how you are investing your energy, which directly influences your productivity and leadership effectiveness.

The ELI measures your level of energy based on your attitude and perception of the world. You will learn the seven distinct levels that are key to understanding your actions and gain strategies for shifting your energy to meet leadership challenges and inspire peak performance.



Interested in developing your own effective style of leadership? Register for the Energy Leadership™ Index Assessment, which includes:

- Online Assessment Tool & Report
- 90-minute Debrief Session with Energy Leadership™ Master Practitioner
- Recommended Development Areas and Next Steps