

The Energy Leadership program focuses on three components:

1. **ASSESS.** At the beginning of the program, you will take an assessment of your leadership style based on the type of energy you use (Energy Leadership™ Index). Through its interpretation, you will learn about your current leadership ability, your current level of engagement in life and your current level of consciousness.
2. **LEARN.** You will understand the concepts of the 7 levels of Energy Leadership™ and how they are related to leadership excellence. You'll then learn how to shift your energy to present yourself in a way that inspire greatness in others.
3. **INCORPORATE.** During the coaching sessions, we will use the Core Energy Coaching™ process. This inter-disciplinary process has its roots in emotional intelligence, leadership development, neuroscience, NeuroLinguistic Programming (NLP), and adult accelerated learning theories.

Energy Leadership™ is the process of leading yourself and others to take action by detonating the most convenient energy that will generate sustainable positive results with the least amount of stress, waste and effort.

The **Core Energy Coaching™ process** raises your consciousness to become increasingly more aware of who you are "being". You will break through your limiting thoughts, emotional responses and physical distractions and replace them with supportive, empowering beliefs that lead to powerful and consistent action. When you are highly aware of how you think, feel, and act, the stage is set for creating sustainable change. With this awareness, you can shift into high performance mode and accomplish exponentially greater results while expending less effort.

Traditional coaching approach focus mostly on the WHAT a person is doing to help them move from point A to point B (HOW). The Core Energy Coaching™ process develops extraordinary and sustainable results by tapping into the client's inner purpose and passion and connect that to outer goals and strategies. We believe our actions are an expression of who we are and in order to sustain behavioral change, we work from the inside out, focusing significantly on the WHO and then moving to clarify the WHAT and develop the HOW. When an action is an expression of who you are, the action is done effortlessly and in automatic mode, hence creating extraordinary and sustainable results.

During the program you will:

1. Develop a deep **awareness** of who you are and why you act the way you do.
2. Increase **consciousness** of your **attitudes** and **behaviors** to choose those that better serve you.
3. Augment your emotional, intellectual, physical and spiritual intelligence to maximize your **engagement**.
4. Generate **sustainable drive** and powerful energy to take action on the areas that matters most to you and your business.

Our proprietary **9 Step coaching framework** will help you go deep, ignite and catapult you from your core to forge extraordinary and sustainable results. Your goals and interests drive the agenda for each session so do not expect a boxed recipe but more a framework that guarantees success. Follows are examples of tools and techniques utilized throughout the process that you will get to learn and practice. They are yours to keep to help you experience life greatness.

Energy Leadership™ and the Core Energy Coaching™ process were developed by Bruce Schneider and the trademark is registered under his name.



Tools & Techniques

1. Clarify the goal Clarify your goal so that it is an end not a means and that you can possibly have the capacity to reach it.	Ideal image (attributes). Wheel of life. Clarifying: Process vs. Results. Detached involvement.
2. Establish a strong buy-in Understand importance, what is it costing you not to have solved it (thoughts, emotions, actions) and what value can it add to your life and those of others you care when overcome/reached. (making a strong desire, want)	Miracle question. Visioning. Pain-Gain Model.
3. Know yourself from the core Discern who you are (values, talents and passions) and how aligned you are or not in what you do, and what consequences does that generate. Increase your awareness on how you think, feel and act to different life situations and learn how to shift from reacting to responding and put you in control of your life experiences.	Values assessment, talents and passions. Journaling emotions. I am. Relationship w conflict, w health, w money, w time and others. Understand your Values, Beliefs and behaviors.
4. Develop your intelligence and maximize your engagement Increase your intellectual, emotional, physical and spiritual intelligence so you can understand how each play a key role in your capacity to engage. Explore and maximize your intellectual, physical, spiritual and emotional engagement to maximize your capability to fulfill your goal.	SPIRITUAL: purpose, vision, beliefs, values, attitudes, goals. Define your purpose and vision. Living on purpose. Alignment between your purpose, vision and values and the opportunity. INTELLECTUAL: focus, clarity, creativity, intuition, decision making, brainpower Eliminate distractions. Reduce dilution of attention. Be present in the moment. EMOTIONAL: stress response, emotional awareness of self and others, emotional control, emotional expression, mood. Journaling others emotions and actions. Managing own emotions. Managing stress. Dealing with conflict. PHYSICAL: sleep, nutrition, eating habits, health, exercise, environment. Review current habits and identify what to stop, add, modify to maximize your engagement in the opportunity. Keep, Stop, Start.
5. Choose and maximize your anabolic energy Explore, choose and maximize your anabolic energy to utilize it in fulfilling your goal in a powerful way. Break through your energy blocks: limiting beliefs, assumptions, interpretations and inner critic to replace them with supportive and empowering thoughts and beliefs.	Journaling energy levels and simulating the ideal Breakthrough your energy blocks: assumptions, limiting beliefs, interpretations, inner critic. Journaling your phrases. Desire, believe, accept model. Journaling Values and Behaviors. Time, Money & Energy and the Ideal Planner
6. Equip yourself for success Increase confidence by tapping to your prior successes, inner resources (values, talents and passions) and your outer resources (network, information, organizations, money, etc.). Develop your intuition to have the edge on assessing situations and making decisions.	Shifting energy levels in yourself and others. Increase confidence by tapping into your prior successes, inner and outer resources. Centering. Develop intuition. Stop your ANTS (Automatic Negative Thoughts). Awareness, Choose & Change model.
7. Develop SMART plans Specific, measurable, achievable, realistic, time bound.	Develop SMART plans to keep momentum Create SCARF: Status, Certainty, Autonomy, Relatedness, Fairness.
8. Create accountability & monitor progress	Create accountability. Define your monitoring progress process.
9. Celebrate success	

