

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.

By learning and applying the concepts of Energy Leadership™ and leading yourself and others through the 7 levels of Energy Leadership™, you can increase your ability to shift your own energy and the energy of those around you to inspire and motivate yourself and others to take action. You will feel a greater sense of purpose, you will get more done with less stress, effort and waste, and you will generate sustainable results.

Anabolic and Catabolic Energy

For all practical purposes, there are two types of energy: anabolic and catabolic. Anabolic describes energy that is constructive, expanding, fueling, healing, and growth-oriented. Anabolic energy helps move you forward and achieve positive, long-term, successful results, and is useful in leading others in the same direction. Using anabolic energy allows you to have a more complete and conscious view of what is going on around you, and to more easily come up with solutions and innovations.

Catabolic energy, on the other hand, is draining, resisting, and contracting energy. While catabolic energy provides you with an energetic boost to combat what you perceive to be a stressful situation, it also is distracting and acts like a blinder through which you only see a limited view of a situation, thus reducing the choices available to you. Though it may offer some short-term benefits, when used on a long term basis, it imparts mental, emotional, and physical tolls that are potentially destructive to you, to your organization, and to all those around you.

Research shows that the most successful leaders in life are those with high levels of anabolic energy (Buck Galer, 2011*). Those who lead using catabolic energy can get results in the short-term; however, they cannot sustain success. Increasing your anabolic energy level will help you better perform in whatever you choose to do.

Leadership Defined

We are going to simply define leadership as the interaction where influence occurs. The influence can be positive or negative, focused consciously or unintentionally, and the impact can be minimal or great. A leader is the individual in the interaction who knowingly or unknowingly creates the greater influence in the other person.

Our world tends to define leaders, and therefore leadership, within the context of formally defined roles found within corporations, small businesses, non-profit organizations, and political and community concerns. Leaders, however, are not confined to office walls and are not limited to specific positions within those walls, but are found in families, groups, sports, education, health fields, and within all levels and roles in small and large organizations. ("Organization," is referred here, as two or more people, in any walk of life, who are working or communicating together for a similar goal or purpose.).

Every interaction presents the opportunity to lead and make a positive impact. The concepts of Energy Leadership™ help individuals to consciously choose to use their ability to influence and make an impact to generate positive sustainable results for themselves, others, their organization, and its stakeholders.

Great leaders are able to motivate, inspire, and bring out greatness in themselves and others!



The Energy Leadership Index Assessment

By taking the Energy Leadership™ Index (ELI) assessment you can learn what is your Energetic Profile in normal conditions and under stress. Most people are surprised to see how much stress affect the way they perceive and react to events. The ELI is a one-of-a-kind assessment that:

1. will enable you to recognize your own perceptions, attitudes and behaviors toward different situations,
2. will introduce you to the concepts of the 7 levels of Energy Leadership™ and how they are related to leadership excellence, and
3. will show you how stress impact these attitudes and behaviors and your capacity to lead yourself and others.

“This unique tool will give you clarity and conviction to raise your awareness to choose the attitudes and behaviors that best serve you. And with a new mindset, you will be able to make the choices that will keep you balanced, focused and deliver greater performance. - Rocio Alcazar

Everyone has their own perspective of how they view the world. We call this perspective, whether they are attitudes or perceptions – **filters**. We take all our past experiences, values, beliefs, influences and interpretations, and we view the world through these filters. These filters can limit us – and give us tunnel vision – or these filters can actually expand what we see. How we experience life is directly related to the filters we use for each situation. Your filters and when you use each of them, are very unique to YOU.

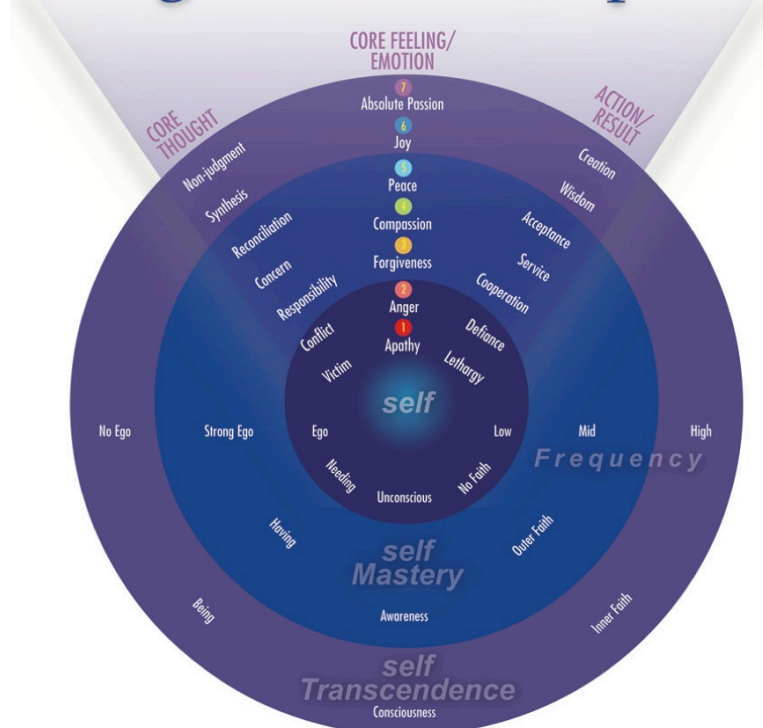
The Energy Leadership™ Index (ELI) is an attitudinal assessment and it will reveal how often you operate at a certain level of energy based on your attitude, and perception you have of the world. It measures:

1. Your level of **consciousness** – your awareness about who you are and why you do what you do.
2. Your ability to **lead** yourself and others, to take positive, productive, and sustainable action.
3. How **engaged** you are in your roles and tasks on the job and at home.

The Energetic Profile chart, reflects your unique combination of the seven levels of energy, which creates your typical viewpoints, perceptions, and beliefs about any and all aspects of life under normal conditions.

The Energetic Stress Reaction chart reflects the most typical way that you think, perceive, and feel as you experience stress. This internal reaction may last a second, a minute, an hour, a day, or even longer, after which time you move from reaction into action mode. How long your internal reaction lasts, how soon you shift into action mode, and the way you actually act after your internal Energetic Stress Reaction, is determined by factors which include your Energetic Profile, the intensity of the stressor, your previous experiences, and your behavioral tendencies.

Energetic Self Perception



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