



The Energy Leadership Index Assessment (ELI)

What is the ELI?

The Energy Leadership Assessment (ELI) is a proprietary attitudinal assessment tool only available via an IPEC (Institute of Professional Excellence in Coaching) trained Coach and Master Practitioner. Recommended by Forbes as one of the top 3 assessments that all executives should take ([see link](#)) it differs from personality profiling tests such as Myers Briggs/DiSC and the impact measuring GC Index because it doesn't 'label' and is the only assessment that captures how an individual perceives and approaches their life and what happens to this when placed under stress.

Benefits

It is only through the deep level of self-awareness and understanding of your own inner architecture that the ELI provides, that you can consciously shift your thoughts, perceptions and actions to becoming more positive and beneficial. It will enable you to recognise your internal blocks to success, your triggers for stress, how your current thinking may be the cause of stress, what motivates you and how you can actually choose how you respond to situations rather than reacting 'by default'. The ELI will help boost your productivity, morale, confidence, communication and overall enjoyment in life and/or work.

What does it entail?

The assessment itself is completed online and takes about twenty minutes. A customised report summarising the results is sent electronically, shortly after the assessment. This is then followed up with an individualised 90 minute debrief with an IPEC 'Certified Professional Coach' who will discuss the results in more detail and identify key next steps with the individual to start working in shifting core energy to a more anabolic and overall healthy position enabling them to become more positive, resilient, confident and satisfied in life.

The ELI 360 Assessment

This assessment includes all of the above but in addition offers the participants and up to 25 of their colleagues/peers the chance to rate them against 36 key leadership competencies. This offers a 360 degree feedback opportunity for the individual who will measure their perception of their own leadership capabilities against the perception of their peers/colleagues/line reports. This is then discussed during the debrief process with the IPEC



Coach, in relation to the individual's energetic makeup, resulting in an action plan on how best to improve these skills.

The science part

This [Validation Study](#) shows the reliability and validity of the ELI as a measure of a person's energetic makeup.

Another recent [study](#) showed that participants who had vastly different backgrounds and circumstances can learn to achieve better control over their core energy and realize greater rewards in their work and personal lives as a result.

This same study also shows the statically significant correlation between a person's core energy and the impact of Core Energy Coaching on their level of life satisfaction (and ultimately, ability to better manage their reactions to stress).

The [ELI 360 study](#) showed that "the higher the average resonating level of energy and the more anabolic a leader's energetic makeup and outlook, the higher they rated their own leadership competencies and the more their colleagues agreed with them. It also showed that leaders operating at lower more catabolic levels of Core Energy were less confident in their leadership skills and were, in turn, viewed as less competent by their colleagues."

Ready to take your ELI?

Contact us at hello@thementalwealthacademy.com to book your ELI assessment and we will be in touch.