



**ELI OVERVIEW**

# YOUR AWARENESS IS THE STARTING POINT

**Meet the Energy Leadership Index Assessment**  
Your First Step Toward Living Intentionally

Before you can change your life, you have to see it differently

# You've Probably Taken Personality Tests Before

And you still felt stuck.

## They Told You:

**Myers-Briggs:** "You're an INFP"

**DISC:** "You're a High D"

**Enneagram:** "You're a Type 3"

**What they didn't tell you:** How to actually change

Knowing *who* you are doesn't automatically change *how you show up*. That's the missing piece

## The Real Problem:

You're stuck not because of who you are, but because of **how you're seeing yourself**, others, and your situation. And that lens? It determines everything

**Change the lens. Change the results.**

**Here's what makes the ELI different:** It doesn't label who you are. It reveals why you keep getting the same results.. and shows you what shifts when you change your perspective.



# The ELI Measures Your Energy, Not Your Personality

## Why This Matters

The Energy Leadership Index (ELI) is a research-backed assessment created by iPEC (the Institute for Professional Excellence in Coaching). It measures **how you're currently experiencing yourself, others, and the world**. Not who you are as a person.

- It shows which aspects of your awareness serve you and which ones hold you back
- It's about consciousness level - the lens through which you see reality
- Your reality is a reflection of your awareness. Shift your awareness, and your reality shifts too.

## How It works: Your 3-Step ELI Journey

### 1. The Assessment

Take a simple online assessment (about 20 minutes). Research-backed, straightforward, and gives us real data to work with.

### 2. The Debrief

We dive deep together in a 90-minute session. I'll show you exactly what your energy levels mean and how they're showing up in your life.

### 3. The Framework

You'll have a common vocabulary and lens we use throughout our entire coaching journey. Every breakthrough can leverage this framework.

# Why This Is Your Starting Point

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You feel stuck because you're seeing the world through a particular lens.. your current energy level or awareness. **Changing that lens is the first step toward different results.**

The ELI shows you exactly what's possible when you shift your perspective. And you don't have to figure it out alone.

The ELI Assessment and Debrief are the first things we do when you start coaching with me. It gives us immediate insights, a common language, and a clear roadmap for transformation.

Every debrief I've done left the client with more clarity on areas they want to drive change. You will too.

**Ready to see what's possible?** Reach out today to sign up for an assessment that has the potential to change your life if you let it.

## CONTACT ME

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