

Introducing our

FOCUS TEAM ENERGY WORKSHOP™ featuring the ENERGY LEADERSHIP™ INDEX (ELI) ASSESSMENT



Do you feel frustrated, overwhelmed, stuck, or always in crisis management mode? Or maybe you're just "holding it together" and tolerating the changes around you. You're busy supporting everyone else and feel lost in the shuffle.

What if you could actually choose how you feel? What if you could choose how you respond and win back control? **Now you can.**

Introducing our FOCUS Productive Energy Solutions:

- **ENERGY LEADERSHIP INDEX ASSESSMENT – FOR YOU**
- **FOCUS TEAM ENERGY WORKSHOP – FOR YOUR TEAM**



These new offerings from Focus Performance Systems are powered by tools from the world-renowned Institute of Professional Coaching (iPEC) and belong to our FOCUS Leadership Mastery program. Your journey into leadership mastery begins with the 20-minute ELI Assessment consisting of 70 questions followed by your choice of either a 90-minute 1:1 Debrief with our FOCUS Elite Coach or a 2-hour FOCUS Team Energy workshop.

How will Energy Leadership help my team? Our FOCUS Team Energy Workshop helps teams turn distress into sustainable progress through a collective shift in team mindset. This program will uncover the behaviors, perceptions, assumptions, and beliefs that are holding your team back, especially during times of stress. You'll learn how to find choice in any given situation and identify actions as a collective to raise the overall energy, engagement, and productivity of your team.

Is this a new tool? No. The Energy Leadership Index consists of 30+ years in use of multi-disciplined research-based methodology. ELI is on the Forbes Top 10 List of Assessments every leader should take.

But what do you mean by energy? It sounds woo-woo. The assessment will identify your personal "Energy Leadership" styles to positively influence yourself, others, and your team. Its roots stem from psychotherapy, emotional intelligence, quantum physics and neuro-linguistic programming. With the awareness and insights gained through the Energy Leadership Index debrief or workshop, clients have the opportunity to reshape their attitudes and worldview and transform who they are.

How is this assessment different from other assessments? The ELI helps you understand even MORE why you are the way you are by capturing how you currently perceive and approach work and life. It is an attitudinal assessment...meaning survey results will change over time, based upon the choices you make and the actions you take within your life. During the coaching debrief or workshop, we uncover key perceptions and blocks that prevent you from reaching your potential. With this new awareness, we co-create YOUR path to success and reveal and clear what's blocking your team's potential so you can let your leadership light shine.

It's a fact: every person and every business team experiences stress and change. FOCUS Energy Leadership gives you the mindset shift and a purposeful plan of action to prevent you from getting stuck and sinking.

The result is feeling inspired, creative and ready to make life and career choices that empower you.

Questions? Contact Us!

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