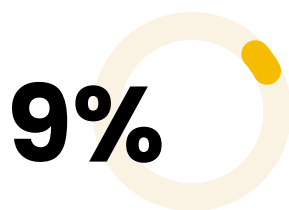


# Increasing Leadership Potential & Life Satisfaction with Core Energy Coaching™

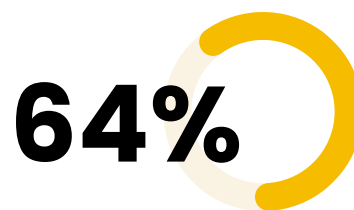
Study conducted by Lynn Waldorf, Ph.D., CPC and Kim Atwill, Ph.D.

Purpose	Method
<p>Through previous research studies, we uncovered overwhelming validation of our core philosophy at iPEC: <b>There's vast, unrealized potential inside every one of us and the key to awakening that potential is to access higher levels of consciousness.</b></p> <p>Since Core Energy Coaches have the unique ability to facilitate shifts in clients' consciousness, this subsequent study seeks to explore the impact working with a Core Energy Coach over an extended period of time has on a person's leadership potential and life satisfaction.</p>	<p>Between the years of 2013-2021, data was collected from 2,545 coaching clients who completed the ELI (an assessment designed to measure a person's level of consciousness) as a baseline assessment at the beginning of their coaching journey, and then repeated it as a post-assessment between 3-36 months later.</p> <p>The study is an exploratory investigation of their assessment responses at the beginning and end of their work with a Core Energy Coach.</p>

## Results



The average increase from clients' baseline ELI to their post ELI assessment results—even with a seemingly minor shift in consciousness, it's common for clients to experience an expansion of positive, constructive energy that dramatically shifts their worldview.



Of coaching clients reported experiencing a profound positive impact in 14 areas of their life by the time they finished working with their Core Energy Coach.

# 14 Areas of life clients reported significant boosts in satisfaction:

- » Spiritual connection
- » Energy level
- » Feeling of personal freedom
- » Work relationships
- » Leadership ability
- » Level of engagement
- » Communication skills
- » Productivity
- » Time management
- » Work/life balance
- » Financial success
- » Health and wellness
- » Family relationships
- » Intimate relationships

**Working with a Core Energy Coach helps you develop awareness of how your thoughts and emotions influence your behavior—giving you the ability to access higher levels of consciousness to confidently draw upon as a powerful force in your life.**

 **1-3 Months**

The average amount of time it takes for clients to experience a significant shift in consciousness while working with a Core Energy Coach

 **6-12 Months**

The average amount of time it takes for clients to experience the greatest shift in consciousness while working with a Core Energy Coach