

Leveling Up Your



Carrie Vanston

Executive & Leadership Energy
Coach & Speaker

Carrie@CarrieVanston.com
(512) 740-9089



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Institute of Professional Excellence in Coaching (iPEC)

Post Card

Place
Stamp
Here

*Having a
wonderful time...
Wish I was here!*

Anabolic Energy

Constructive

Expanding

Fueling



Catabolic Energy

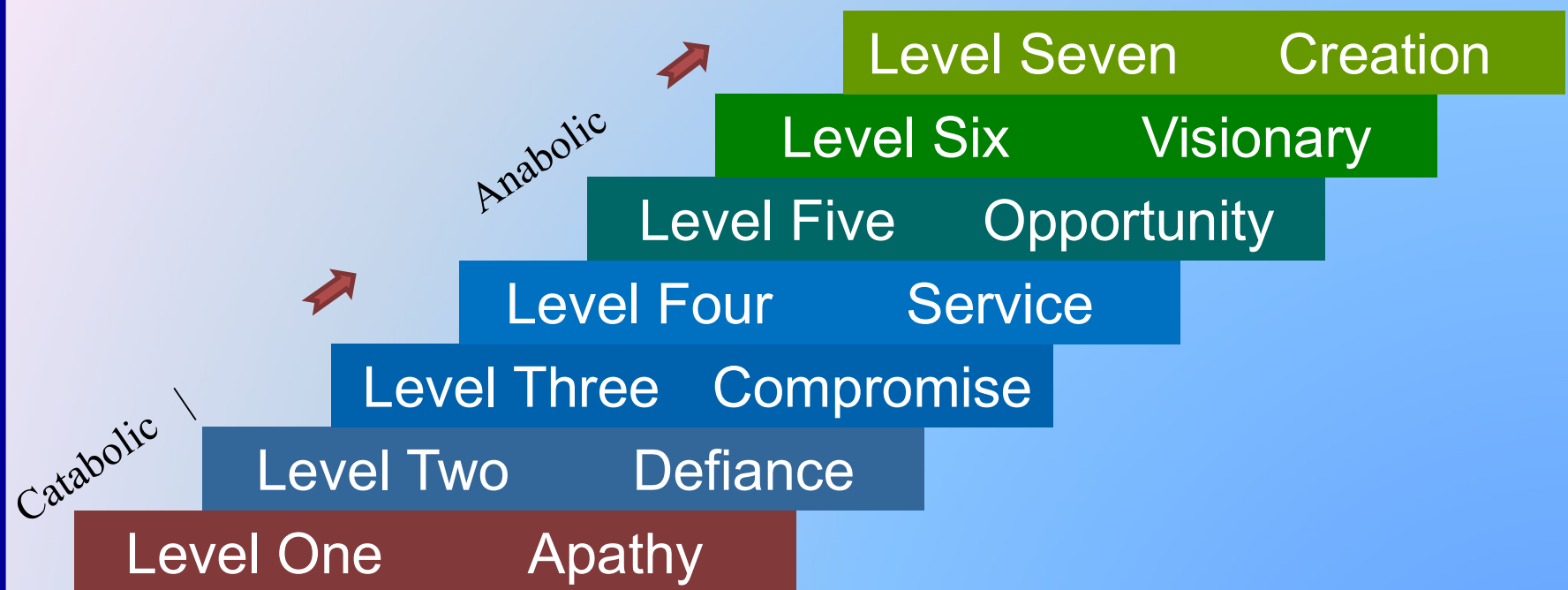
Draining

Resisting

Contracting

clipart.com

Seven Levels of Energy Leadership



*How do I show up
energetically?*

Thinking differently



Thought → Emotion → Action



clipart.com

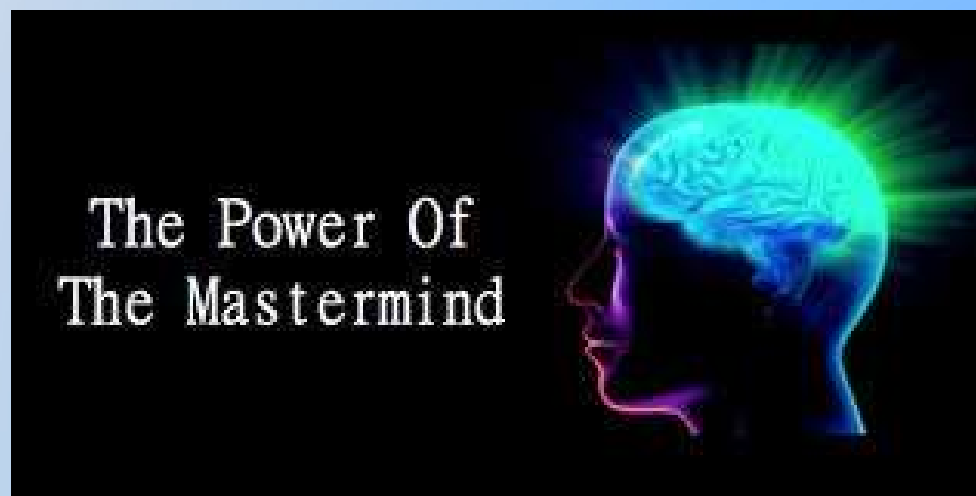
What are my strengths?



What's a quicker way to get it done?



Need accountability and cheerleading!



The ELI index lets you know where you are energetically



**15 minute online assessment
1 hour debrief with me!**

*How can I raise my
leadership energy?*

***“Each moment describes who
you are, and gives you the
opportunity to decide if that’s
who you want to be.”***



Foundation Principle

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