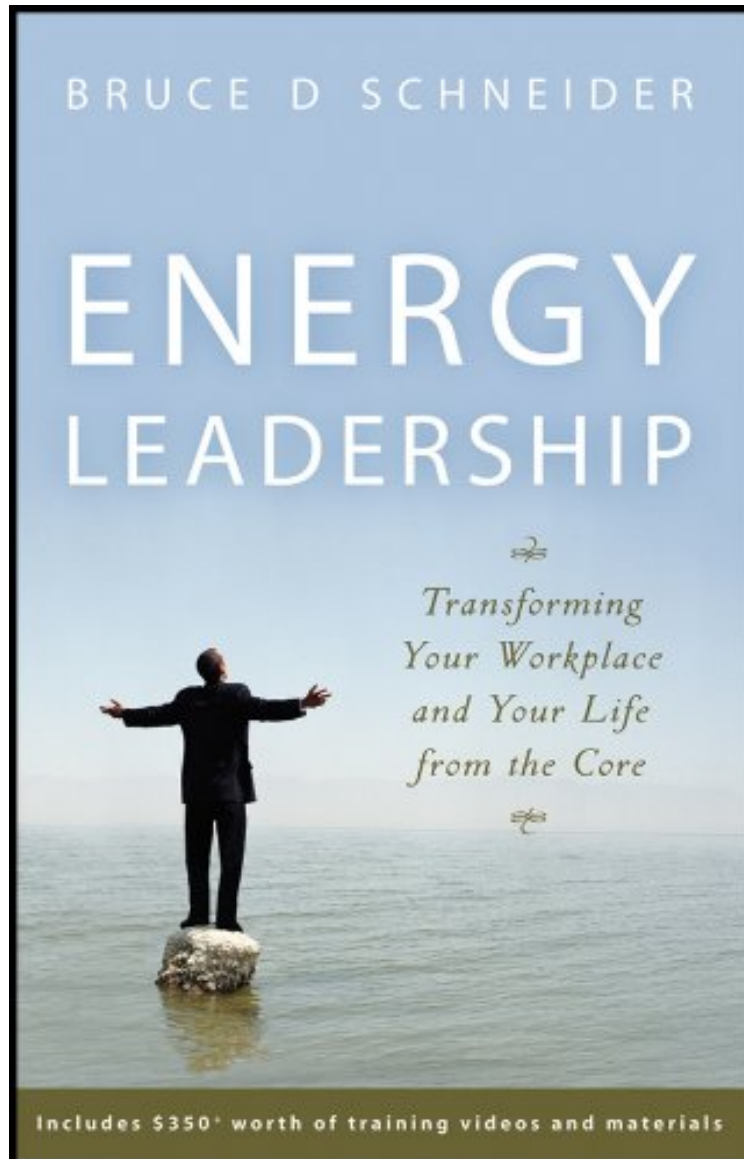


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# Energy Leadership: Transforming Your Workplace and Your Life from the Core

*Bruce D. Schneider*

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**Bruce D. Schneider : Energy Leadership: Transforming Your Workplace and Your Life from the Core** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Energy Leadership: Transforming Your Workplace and Your Life from the Core:

14 of 14 people found the following review helpful. Reviewed for a Doctoral Leadership class By B. Henry I agree with all the other reviews, this is a nice model for building personal and professional energy and leadership skills. I wrote a

ten page review on it for a doctoral level leadership class, so I did an extensive study of the book and accompanying videos. The more you review, the more you get out of it. My main criticism is that there was too much time spent on the lower energy levels and basic leadership skills. I like the quotations from renowned leaders at the beginning of each chapter that described the content. The Energy Self Perception Chart is pretty cool, especially once you grasp all the concepts, like a chakra chart. After reading the book and doing the review, I find myself more observant of how I'm relating and shifting to higher levels, when I used to get stuck at Level 2 alot-conflict. The website has alot of good info in addition to products and services for sale like seminars and coaching services. The centering cd's were a little pricey \$40 but you get four of them, have other relaxation/visualization cd's I will use. Overall an easy read, not too long, story a bit hokey at times but motivating. Would like to hear about Schneider's work with healthcare systems, not sure if he's done that type of work. Most testimonials were from individuals and business groups.0 of 0 people found the following review helpful. Excellent read. Clear and informativeBy Consumer 5Excellent read. Clear and informative. Though steps are clearly indicated and online videos provide some guidance you would need to use the company's support team to effectively implement practices within your life or business which could prove costly.0 of 0 people found the following review helpful. I enjoyed this bookBy LMACI enjoyed this book. It takes the reader into a coaching relationship between the author and a consulting company from beginning to end. I think part of the reason I liked this book is that as a coach, I share a lot of the author's philosophies and ideas in working with clients. It was very validating and also great to watch this failing consulting company regain success with the help of a coach. Well done!

In Energy Leadership, renowned coach Bruce D. Schneider teaches how to understand the most important personal resource of all -- energy, and shows how to harness it to achieve success in the workplace, the home, and in the world at large. This engaging and fast-paced story clearly explains how managers and leaders from all walks of life can use the principles of Energy Leadership to inspire themselves and others to achieve extraordinary results in whatever they do. The author provides insight into a cutting edge coaching process he has developed, which has positively impacted the lives of tens of thousands of people in both the corporate and private sectors. You will learn how to: Recognize the seven distinct levels that are the key to understanding why everyone thinks and acts the way they do, in life and specifically within the workplace. Distinguish truly effective leaders from those who deplete the energy of the people around them, and specific techniques to shift energy levels to inspire peak performance. Become powerful leaders who motivate themselves and others to reach their true potential. Identify the Big Four Energy Blocks and discover proven techniques and strategies for overcoming these and other obstacles to success. Develop the ability to shift internal energy to meet any leadership challenge, and use this newfound power to inspire respect, confidence, and loyalty in others. If you always try to inspire others but sometimes feel like something's missing, something is. Energy Leadership puts you in touch with the missing link between your ambitions and your ability to achieve them.

From the Inside FlapWhat is the single most important factor that distinguishes the great leaders from the rest? Which personal quality is most likely to inspire confidence in customers, respect among colleagues, and loyalty from employees? Which aspect of your leadership style should you focus on to put your performance, your career, and your life on the fast track to success? The answer to all of these questions is a single word: Energy. But, you need to know how to control energy to make it work for, not against, you. In Energy Leadership, renowned coach Bruce D Schneider shows you why the way you use your energy will determine whether or not your organization thrives. He helps you become more aware of your personal power, both in the workplace and in the world at large. And, he shows you how to become a powerful leader, one who motivates others to reach their true potential. Following the Energy Leadership program, you'll learn how to recognize the seven distinct levels of energy that are the key to understanding why everyone thinks and acts the way they do. You'll learn how to distinguish truly effective leaders from those who deplete the energy of the people around them and specific techniques you can use to shift the energy levels of the people around you to inspire peak performance. You'll also become familiar with the Big Four Energy Blocks, learn how to recognize them in yourself and others, and discover proven tools and strategies for overcoming these and other obstacles to success. If you always try to inspire others but sometimes feel like something's missing, something is. Energy Leadership puts you in touch with the missing link between your ambitions and your ability to achieve them.From the Back CoverPraise for Energy Leadership "Schneider proposes a unique and innovative approach to leadership, one that is sure to have a profound impact on the people and companies that use it. I recommend this book to anyone who is serious about high performance." mdash;Brent Saunders, Senior Vice President and President, Consumer Healthcare, Schering-Plough Corporation "Astounding! Schneider clearly explains how energy is the currency of personal and professional success. Energy Leadership is a must-read. It cleverly shows you how to make this currency work for you, resulting in improved leadership and a stronger, more successful company. mdash;Jon Gordon, international bestselling author, The Energy Bus "Brilliant! A roller-coaster incisive book for anyone who wants to lift themselves from mediocrity to excellence. Schneider has created a road map to improve your bottom line and a guide for your soul. I recommend Energy Leadership for every CEO, employee, and entrepreneur, in America

and the world. —Martin Dunkerton, Producer/Director "A truly enlightening book revealing how to change your business from the inside out. Worth gold." —Dr. Joe Vitale, author, *The Attractor Factor* and *Zero Limits*

"Schneider not only brilliantly explains a complicated concept in a simple and powerful way, but also shows us how to apply energy leadership in our everyday living. This helps us make a difference in our workplace as well as in the rest of our lives." —Mark R. Marutiak, Director, International Sales, Honeywell Inc.

About the Author  
Bruce D Schneider, PhD, is founder and CEO of iPEC Coaching, one of the world's most highly regarded coach training and leadership development organizations. Schneider presents powerful seminars, keynotes, workshops, and coaching sessions that have helped thousands transform their lives. He is a Master Certified Coach, Licensed Psychotherapist, and a pioneer and innovator in the field of professional coaching.