

UNLOCK YOUR FULL POTENTIAL ENTFALTEN SIE IHR VOLLES POTENZIAL



**KARIN
KNECHT**

Karin is an experienced expat and leadership coach, renowned for her expertise in learning & development and engaging facilitation. With fluency in English and German, and a rich background working across diverse cultures and countries, she excels in bridging cultural divides and developing leadership and power skills.

Karin specializes in empowering leaders to foster high-performing multicultural teams. Her guidance helps clients craft actionable plans that yield mutual success, positioning them as inspiring and effective leaders.

ENERGY LEADERSHIP

By learning and applying the principles and concepts of Energy Leadership®, you can increase your ability to shift your own energy and the energy of those around you. When you do that, you will help inspire and motivate yourself and others, feel a greater sense of purpose, get more done with much less effort and stress, and constantly attract positive and powerful people and success to you.

Two Types of Energy:

Catabolic Energy is draining, resisting, and contracting energy.

Anabolic Energy is constructive, expanding, fueling, healing, and growth oriented. Using Anabolic Energy allows you to have a more complete and conscious view of what is going on around you, and to more easily come up with solutions and innovations.

7 LEVELS OF ENERGY

Your Level of Energy (consciousness) creates your world, each moment. By altering your perceptions of yourself, your work, and those around you, you can create a more powerful, fulfilling, and rewarding life.

The **Energetic Self-Perception Chart** depicts the 7 Levels of Energy. The lowest two Levels of Energy are catabolic and are associated with the stress and effort you experience in life. The higher Levels of Energy are anabolic and are related to power, effectiveness, and satisfaction.

Level 7
"Winning and losing are illusions."

Level 6
"We always win."

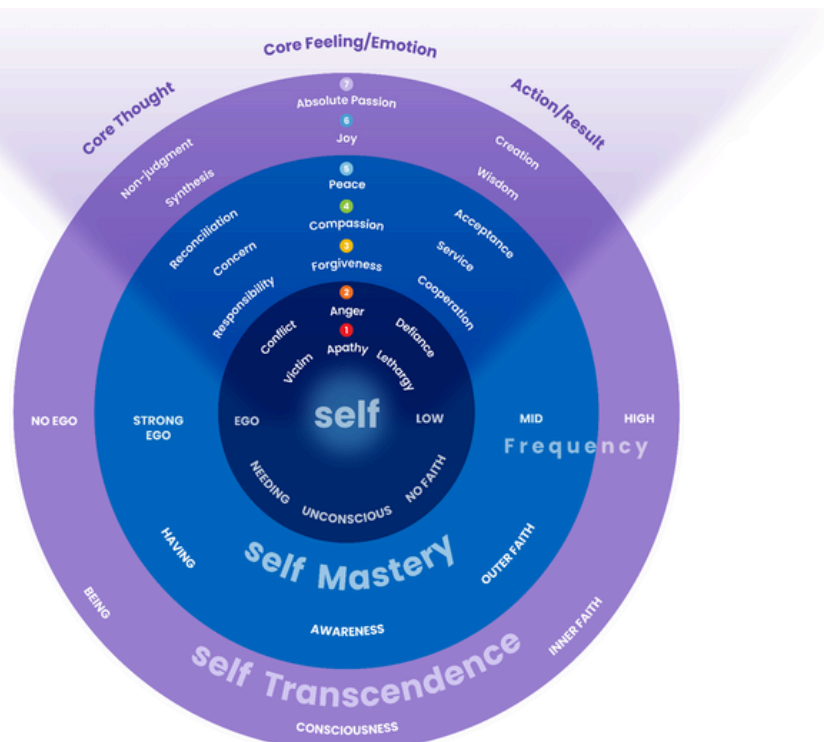
Level 5
"We all win or no one wins."

Level 4
"You win."

Level 3
"I win, and hopefully, you win too."

Level 2
"You lose."

Level 1
"I lose."

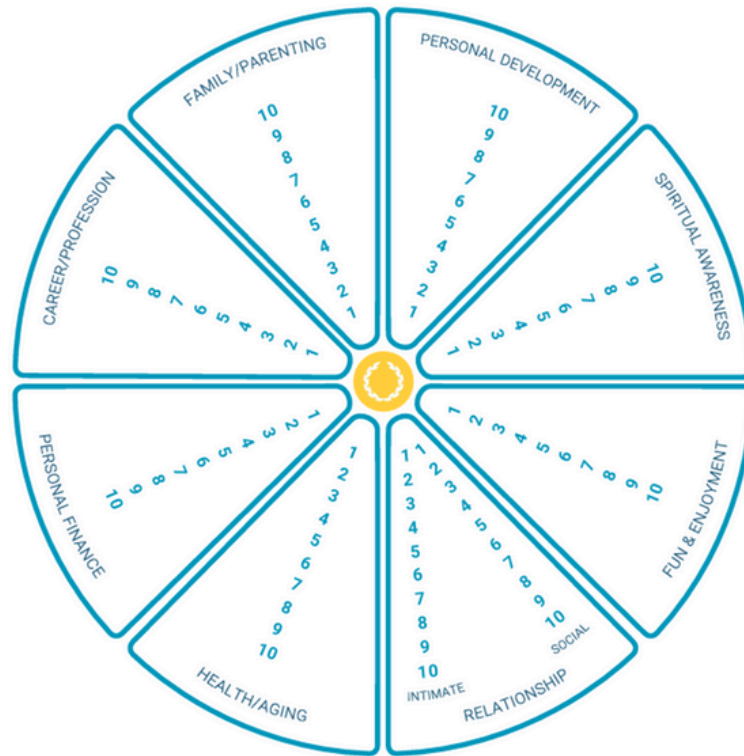


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WHEEL OF LIFE

For each section of the wheel, circle the number that represents your current level of satisfaction. The higher the number, the more satisfied you are in that area.



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DO YOU REACT OR RESPOND TO STRESSORS?

We all face stress, but we have a choice in how we manage it.

We can react with anger or frustration, feeling like a victim, or we can respond by focusing on the opportunities within our control. Next time you feel stressed, try this approach:

- Pause** when you notice that you are reacting to stressors.
- Breathe** deeply to calm your mind and emotions.
- Analyze** your thoughts and feelings, and clarify the outcome you want.
- Respond** with the energy and mindset that will help you achieve the desired outcome.

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YOUR NOTES

