

The Leadership Effect for Teachers:

Read How Learning About Energy Leadership Transformed the Lives of At-Risk Students

On Monday, Aug. 22nd at 9:30am, MacLean Sewell Coaching will be holding a workshop for teachers at The Gallery at Pine Farms Orchard. The focus of the discussion will be on how your attitude, or energy, impacts your leadership style and, most importantly, every relationship and interaction you have.

Evidence of the benefits of becoming more aware of your energy level and your intention to bring a positive attitude to your life and work was illustrated in an experiment involving 21 high school students. Their school identified the students as at risk of not graduating. Some of those risks included truancy, failing grades and poverty. In addition, many of these students had suffered some type of trauma such as the loss of a parent, alcoholism/drug addition within the family, sexual abuse, being bullied, criminality, homelessness and more.

The students were entered into a Teen Leadership Coaching Program that began with doing an online Energy Leadership Index Assessment. Sixteen of the twenty-one students completed the full year program. The results of the assessment showed that all of the students scored in the significantly catabolic (negative) range with an ARL between 1.69 and 2.81. These scores reflect their lack of awareness, engagement and motivation at school and in all areas of their life.

Throughout the school year, these students participated in Energy Leadership coaching. They learned about positive and negative energy and how to become aware of which of the seven levels of energy, or attitude, they were experiencing in any situation. They discovered what blocks were in play that kept them stuck at catabolic levels where they felt they had no control over their lives, had a lack of self-esteem and confidence, and/or were angry and defiant. They learned how to reframe their thoughts to more positive perspectives that would enable them to move forward and unleash their power to control their lives and meet their personal objectives.

At the end of the year, the students took the Energy Leadership Index Assessment again. The results were outstanding, ranging from 1.9 to

3.4. The impact on their lives and at school included grade improvement, reduced truancy and less crisis intervention.

Grade improvement seemed effortless to many of the students. It was evident that as they moved beyond focusing on the negative events in their lives, a significant amount of positive energy was freed up to focus on academics.

Throughout the program, students learned to manage their life stressors and become more self-sufficient thus reducing the need to utilize school counselors. In fact, many of these students are now involved in delivering peer coaching to middle school students with oversight and supervision of a professional coach. These students are not only leading themselves to new heights, but are now leading others.

The impressive results of this experiment support the premise that establishing a program in your school that helps teachers and students learn to become more aware of the attitude they are bringing to their life and interactions, can have a significant impact on achievement of personal objectives and can influence leadership style resulting in more inspirational, motivational and engaged adults and children. Becoming aware of why you are thinking a certain way, learning what your triggers are and then reframing your thoughts to achieve better results is how this workshop will assist every person attending.

Join us on Monday, August 22nd at 9:30am at The Gallery at Pine Farms Orchard and learn more about Energy Leadership. Register now at www.macleanswellcoaching.com/what-we-do/workshops SPACE IS LIMITED.