

Energy is Soaring

7.28

The Leadership Pulse™ has been regularly measuring leaders' energy, an individual's ability to do work, for 12 years

In March 2015, 192 leaders responded with an average energy of 7.28, an all time high in the history of the Leadership Pulse

Over 28% of leaders are at their best energy, up nearly 11% from last year

28.4%

↑ 10.7%

14.2%

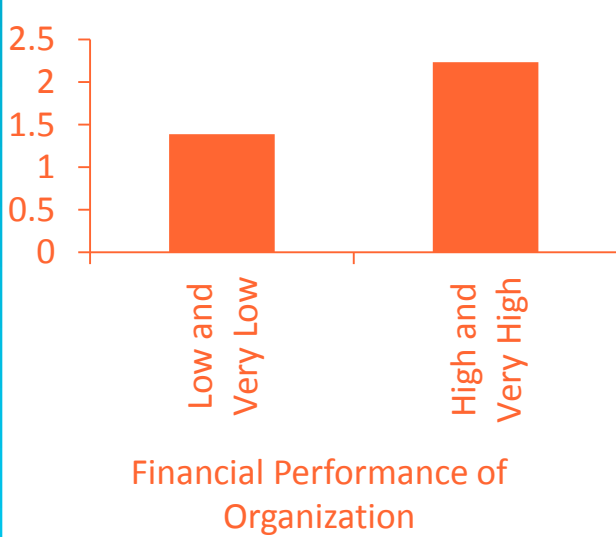
↓ 12.5%

Leaders more than 2 points away from their best energy is only at 14%, a 12% drop from last year

45%

However, 45% of leaders said that they had less energy than they needed to complete their daily activities

Time Spent on Positive vs Negative Activities



Leaders in organizations with high financial performance spend well over twice as much of their time on positive energy activities versus negative energy activities

Leaders in organizations with low financial performance spend nearly as much time on negative energy activities versus positive energy activities

Positive Energy Activities

New Projects

Clients

Teamwork

What did leaders identify as positive and negative energy activities?

Meetings

Managing Issues

Administrative Tasks

Is your energy taking off?

Here are 3 things you can do:

3

Seek out those people who exude energy and avoid people who are "energy vampires".

2

Master the mini-conversation. Reduce the need for excessive meetings and move quickly from discussing issues to taking action on them.

1

Keep an energy journal. It is the best way for you to determine the people and activities that are energizing you and those things that are de-energizing you.