Skip the Coffee! Shift Your Nonprofit's Energy Naturally

NONPROFIT LEADERSHIP CONFERENCE
JUNE 13, 2019
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Does this sound familiar?

You woke up late. Your alarm didn’t go off. You are rushing to get to work on time. You look at your clothes and forgot that you didn’t do any of the ironing the night before.

As you are driving to work, someone cuts you off. As you look down at your dashboard, you notice your gaslight turns on.

You get an email that the funding for a passion project of yours is not coming through. Just after reading this email, you get a call from a board member, asking some in-depth questions about a report that you presented at a board meeting the day before.

It’s 5:00 pm and you are winding down for the day when a major donor walks in the door, just “stopping by” to say hi and get a tour.
Our Beliefs Control...

Thoughts ➔ Feelings ➔ Actions
Types of Energy

**Anabolic energy** = constructive, expanding, fueling energy (ana = building, upward)

**Catabolic energy** = draining, contracting, resisting energy (cat = down, against)
Energetic Self-Perception Chart
Levels 1 & 2

Core Feeling

1. Apathy
2. Anger

Core Thought

Conflict
Victim
Ego
Needing
Unconscious

Core Action

Defiance
Lethargy
Low
No Faith
Level 1 The Victim

Core Thought: Victim

Core Feeling: Apathy

Core Action: Lethargy

DEFEATED, PROBLEM-FOCUSED, ISOLATED, PASSIVELY ENGAGED, INDECISIVE, OVERWHELMED, AVOIDING, IN CRISIS MODE, INACTIVE, WITHDRAWN, I LOSE
Level 2 The Fighter

Core Thought: *Conflict*

Core Feeling: *Anger*

Core Action: *Defiance*

CONTROLLING, ATTACKED, RIGHT/WRONG AND BLACK/WHITE THINKING, BLAMING, FINDING FAULT, PROBLEM-FOCUSED, MICRO-MANAGING, JUDGMENTAL, RESISTING, I WIN / YOU LOSE
Levels 3, 4, & 5

Core Feeling

5. Peace
4. Compassion
3. Forgiveness

Core Thought
- Reconciliation
- Concern
- Responsibility

Core Action
- Acceptance
- Service
- Cooperation
Level 3 The Rationalizer

Core Thought: Responsibility

Core Feeling: Forgiveness

Core Action: Cooperation

“GOOD ENOUGH” THINKING, RATIONALIZATION, RESPONSE-ABILITY, MAKING EXCUSES, RELEASE, TACT, COMPROMISE, SOLUTION-FOCUSED, I WIN, AND IF YOU WIN TOO, THAT’S OK
Level 4 The Caregiver

Core Thought: Compassion

Core Feeling: Concern

Core Action: Service

CARING, BEING IN “FIX IT” MODE, HELPING, PUTTING OTHERS FIRST, APPRECIATION, SERVICE, YOU WIN
Level 5 The Opportunistic

**Core Thought:** Reconciliation

**Core Feeling:** Peace

**Core Action:** Acceptance

Discerning, seeing opportunities, wanting a true win-win, curious, holistic, innovation-focused, understanding, passionate, purposeful, motivational, we both win or we don’t play.
Levels 6 & 7

CORE FEELING/EMOTION

7
Absolute Passion

6
Joy

CORE THOUGHT
Non-judgment
Synthesis

ACTION/RESULT
Creation
Wisdom

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Level 6 The Visionary

Core Thought: *Synthesis*

Core Feeling: *Joy*

Core Action: *Wisdom*

CONNECTION, CALM, INTUITION, INSPIRATIONAL, FLOW, SENSE OF PERMANENT JOY, EVERYONE ALWAYS WINS

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Level 7 The Creator

Core Thought: Non-Judgment

Core Feeling: Absolute Passion

Core Action: Creation

PIONEER, GENIUS, BEING, TRUTH, UNCONDITIONAL LOVE, WINNING & LOSING ARE ILLUSIONS

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How do YOU show up?
Energy Leadership Index

The E.L.I. is an attitudinal assessment, which is based on an energy/action model. This assessment differs from personality assessments as it is not intended to label a person and have them work well within that label. Instead, it measures your level of energy based on your attitude, or perception and perspective of your world. Because attitude is subjective, it can be altered. You can alter your attitude and perspective, make a shift in your consciousness, and increase your energy and leadership effectiveness.
Thank you!

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