



What is the ELI?

The Energy Leadership Index® is an assessment to awaken your potential and reshape your world.

Take a brief moment—and perhaps a few breaths—and consider your life. How nourishing and supportive are your relationships? How fulfilled do you feel by your work? What does your health, financial wellness, and spiritual life feel like?



Your reality is a mirror reflecting your level of consciousness

Your reality is a mirror reflecting your level of consciousness—your thoughts, feelings, and emotions about yourself, others, and the world. Some aspects of your consciousness serve you, while others hold you back from fulfilling your potential. And understandably so (we're human!)

With the research-backed ELI assessment, you'll take something abstract—the way you experience the world—and turn it into a tangible metric with profound and practical insights you can use to reshape your worldview and transform your life into the ideal one you envision.

Take the Assessment - Inquire Today!

Your Energy Leadership Index® Master Practitioner, Katie AT Psych Ward CEO (ELI-MP) will connect you with the simple online assessment which takes about 20 minutes to complete.

Once the results are in, you'll be guided through a 1:1 ELI debrief session. Through this personalized session, you'll dive deep into your results and uncover a clear path to awakening your potential, and creating a life with intentional alignment .

- Become a more effective and inspiring parent within your family
- Experience transformations in your relationships with your children, personal confidence, and parenting skills
- Create collaborative (and fun!) home and family environments
- Find out how to jump start your Return On Intention today!

Live your most aligned and authentic family life



How ready are you to experience your world like never before?

Reach out to Katie with Psych Ward CEO to learn more and take the ELI assessment!