



core  energy

Sample CORE Energy

19 May 2022



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About This Report

This report is based on the CORE™ Energy Assessment, completed on the 22 March 2022. As a self-report measure, the results reflect the individual's self-perception. Extensive research has shown this to be a good indicator of how people are likely to operate in the workplace. Nevertheless, considerations must be given to the subjective nature of using an individual's self-perception in the interpretation of these data.

It should be noted that the information contained in this report is potentially sensitive and every effort should be made to ensure that it is stored in a secure place.

The information contained within this report is likely to remain a good reflection of the individual's self-perception for 6 to 12 months, depending upon circumstances. It has been derived from the results of an assessment completed by the respondent and reflects the respondent's selection to the items.

Interpreting This Report

To identify where you sit on the scales being measured, your scores have been compared against the scores of those who have previously completed the assessment and are shown on a standard scale of 1 to 10.

For most sections of the report, these standard scores, or sten scores, have been grouped into 4 bandings to assist with interpretation. These are:

- Development Need: sten 1 to 3
- Moderately Effective: sten 4 to 5
- Effective: sten 6 to 7
- Highly Effective: sten 8 to 10

It is important to note that the majority of any population falls between sten 4 and 7 (or bandings 2 and 3). Sten 1 to 3 (or band 1) indicates extremely low to low scores, while sten 8 to 10 (or band 4) indicates high to extremely high scores.

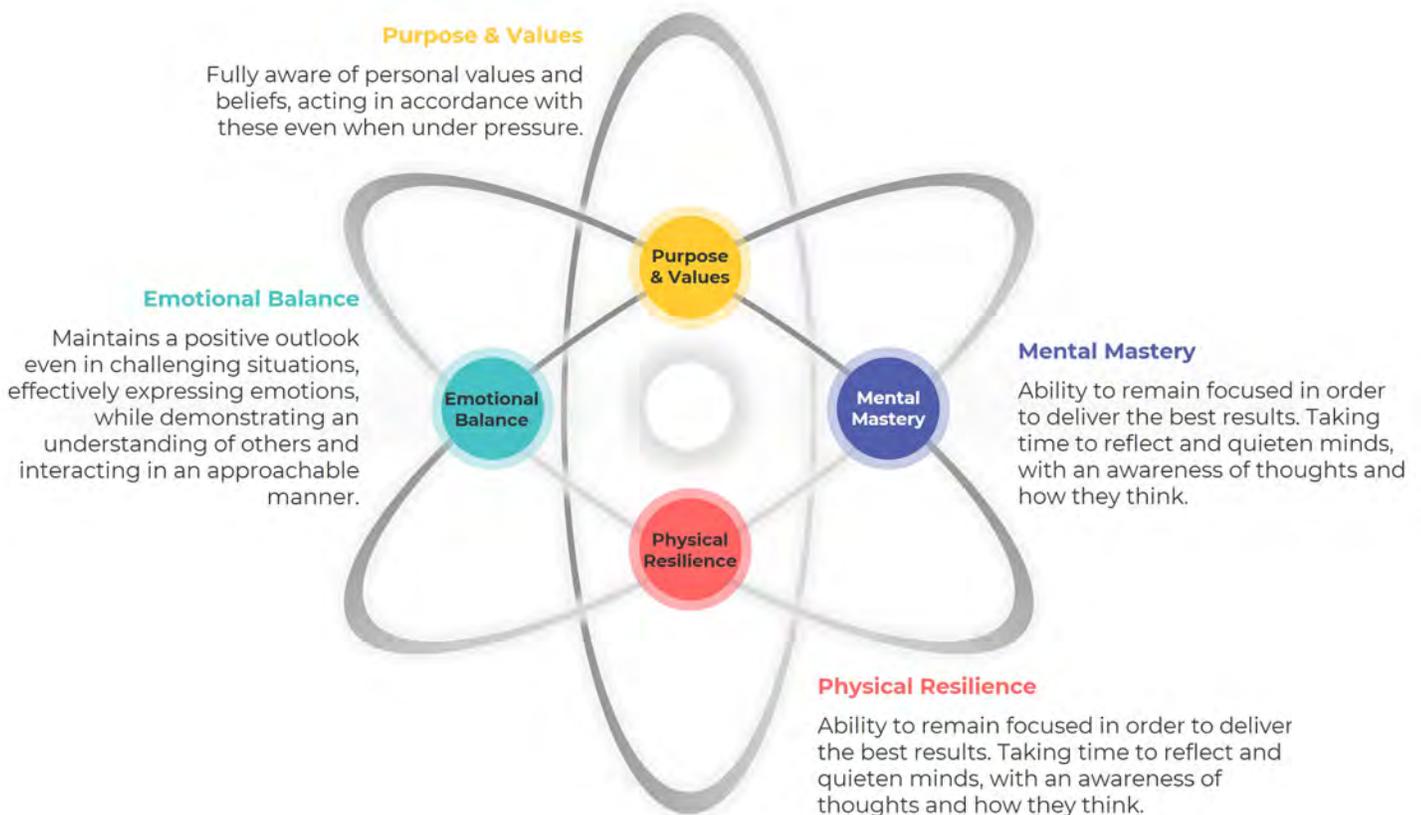
The Human Edge Global Energy Norm Group v1 has been applied to this report.

Introduction

The CORE™ Energy Assessment looks at Human Performance, providing insight into how you manage your energy in your personal and professional life.

Shown to improve individual and corporate performance by taking a holistic view with the intent of maximising energy and improving wellbeing, there are four main pillars of Human Performance. The first is Purpose & Values which refers to living and acting in accordance with personal purpose and values. The second element is Mental Mastery which examines your ability to focus, quiet your mind and be aware of own thoughts. The third pillar is Physical Resilience, which is linked to performance and looks at your ability to manage how well you take care of your body, this includes exercise, healthy eating, sleep and providing down-time for recovery, which determines energy levels and affects brain functions. Lastly, there is Emotional Balance which is your ability to express your feelings and understand the needs of others in order to have healthy supportive relationships.

Take time to reflect on your report, looking at which strengths you want to leverage, and which areas of opportunities will best help you achieve your career aspirations and enable a higher level of performance.



Overview

An overview of your results across the 4 main pillars of Human Performance can be seen below. Your results for the underlying sub-scales can be found later in the report.

	Development Need	Moderately Effective	Effective	Highly Effective	Score
Purpose & Values You likely act according to the situation at hand and the external pressures you face rather than stay true to your own core values and beliefs, which you may not be clear on.					2
Mental Mastery You are likely to engage in short bursts of concentrated effort, becoming easily distracted by external stimuli (e.g. text messages, notifications etc.) and your own thoughts at times.					3
Physical Resilience You likely attempt to make healthy lifestyle choices but struggle to maintain this at times, preferring to prioritize other areas in your life when given the choice.					4
Emotional Balance You may be seen as less understanding of the needs of others, potentially overreacting to challenging or negative situations when these arise.					3

“Performance, health and happiness are grounded in the skilful management of energy. The number of hours in a day is fixed, but the quantity and quality of energy available to us is not. It is our most precious resource. **The more we take responsibility for the energy we bring to the world, the more empowered and productive we become.**”

Tony Schwartz
The Power of Full Engagement

Purpose & Values

Purpose & Values	Development Need	Moderately Effective	Effective	Highly Effective	Score
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2
<p>You likely act according to the situation at hand and the external pressures you face rather than stay true to your own core values and beliefs, which you may not be clear on.</p>					

Sub-Scales	Development Need	Moderately Effective	Effective	Highly Effective	Score
Principle-Centered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3
<p>You may be unclear as to what your core values and beliefs are, or prefer to act in accordance with the situation you face rather than on your personal values and beliefs.</p>					
Purpose Driven	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3
<p>You are likely unclear as to the type of person you want to be and the legacy (or mark) you want to leave behind, rarely considering what matters most to you or what you are passionate about.</p>					

Development Tips

Gain clarity by determining your most important personal values. Try this:

[Values exercise](#)

Reflect on your past negative experiences. Ask yourself, when do I get most upset with others? This will give you an indication of what values you have that are being tested.

Gain clarity on your most important needs. You can start by exploring some work by Marshall Rosenberg in a best-selling book called Non-Violent Communication. Here is a list to get you started:

[List of needs](#)

Ask yourself: What values you want to honor in your life right now and communicate those to other people.

Begin the journey of discovering your life's purpose. Watch this TedTalk on YouTube by Adam Leipzig:

[How to know your life purpose in 5 minutes](#)

Write in a journal regularly and ask yourself some key questions:

- What am I being called to do?
- Who am I?
- What do I want?
- What does my soul long for?

Purpose & Values - Reflections

Based on your results where would you like to focus your attention on being more purpose and values driven?

*“Performance always comes from
PASSION and not from the pressure.
Love what you do and do what you love.”*
Anonymous



How can I become more authentic in myself?

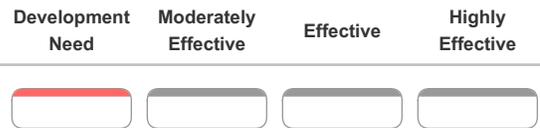
What will success look like?

Which tips would I like to implement?

What strengths can I leverage to achieve this goal?

Mental Mastery

Mental Mastery



Score
3

You are likely to engage in short bursts of concentrated effort, becoming easily distracted by external stimuli (e.g. text messages, notifications etc.) and your own thoughts at times.

Sub-Scales



Score
4

Ability to Focus

You are likely able to maintain your focus and concentration when needed, but this can be inconsistent at times, especially in environments that contain multiple distractions or during times of high stress.

Quiet Mind



Score
4

While you may recognize the importance of being fully present in the moment, you likely rarely take the time reflect internally in order to calm or clear your mind.

Aware of Thoughts



Score
3

You likely rarely consider why you think the way you do or explore your thinking patterns in situations, trusting your thought processes, viewpoints and mental models.

Mental Mastery

Development Tips

Allocate the time, usually in the morning, to do your most difficult or challenging tasks first.

Declutter your desk. Scientists at the Princeton University Neuroscience Institute have used MRI and other approaches to show that our brains like order, and that constant visual reminders of disorganization drain our cognitive resources and reduce our ability to focus.

Work for 90 minutes on and then take 15-minute breaks.

Cultivate quieting your mind with a set practice. A good application to use is Headspace on your smartphone. You can also find many free mediation videos on YouTube as well.

Leave quiet time in the morning when you are still the beta wavelength. Avoid going on your technology as soon as you wake up in the morning. To learn more about brain wavelengths:

[Click here.](#)

To help quiet the mind try alternate nostril breathing. To learn more:

[Click here.](#)

Move from working *in* the mind or thoughts to working *on* the mind or thoughts by developing thought awareness. Become curious about the why behind your thoughts, emotions and judgements. Taking the time to stop and reflect.

Practice mental noting as a way to increase awareness of thoughts. Take a pen and piece of paper, setting a timer for five minutes. Tune into your thoughts, writing these down as you become aware of what you are thinking about in the form of "I am thinking about...". Simply describe your thoughts throughout the time, avoiding any judgement. Repeat once a day to become more cognitively mindful.

Mental Mastery - Reflections

Based on your results where would you like to focus your attention on better mastering your mind?

“Mental mastery is a psychological edge that enables an athlete to remain focused and confident during high pressure situations to perform at their full potential.”

Anonymous



Which area of mental mastery would I like to strengthen?

What will success look like?

Which tips would I like to implement?

What strengths can I leverage to achieve this goal?

Physical Resilience

Physical Resilience	Development Need	Moderately Effective	Effective	Highly Effective	Score
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
<p>You likely attempt to make healthy lifestyle choices but struggle to maintain this at times, preferring to prioritize other areas in your life when given the choice.</p>					

Sub-Scales	Development Need	Moderately Effective	Effective	Highly Effective	Score
Rest & Recovery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
<p>You likely see the value of taking regular breaks to recharge and step back from situations when working, but struggle to do so when you are busy.</p>					
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
<p>You likely attempt to plan and follow a regular exercise plan where possible, but may place a higher priority on other activities at times.</p>					
Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5
<p>You likely attempt to follow a regular sleep pattern during the week, but may experience disrupted sleep patterns on a semi-regular basis, waking up tired at times.</p>					
Diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
<p>You may attempt to choose a healthy and balanced diet when the opportunity arises but may struggle to follow through or stick to a healthy meal plan in the long-term.</p>					

Physical Resilience

Development Tips

Schedule meetings for 45 or 50 minutes instead of 60 minutes. This leaves you time for recovery between meetings and allows you to clear your mind before your next activity.

Leave time for recovery by creating NO WORK ZONE. This means doing no work from 21:00 to 6:00. Include one activity that feeds your soul.

Try this 5-minute technique to help yourself relax and reduce stress:

[A Japanese method to relax in 5 minutes](#)

Schedule exercise in your calendar at the beginning of each week. Make sure you are getting at least 45 minutes of exercise three times a week. Be sure to include cardio, weights and flexibility.

Move more throughout the day by having walking meetings with colleagues when possible. You'll find you'll be more connected and more creative.

Calculate your sleep debt. First answer the question: How many hours of sleep do you get on a weeknight (A) ? Then ask: How many hours sleep do you need to feel well rested throughout the day (B)? Then calculate your Friday morning sleep debt = $(5 \times A) - (5 \times B) = x$. Reflect on the number and create a plan for the following week.

Reduce the amount of caffeine a day. Up to 400 milligrams (mg) of caffeine a day is safe for most healthy adults. That's roughly the amount of caffeine in four cups of brewed coffee or two "energy shot" drinks. Keep in mind that the actual caffeine content in beverages varies widely, especially among energy drinks. See if you can replace your caffeine drinks with water or herbal teas.

Reduce your window of eating and incorporate intermittent fasting. From dinner till the morning fast at least 12 hours. See if you can extend that to 16 hours. When you break the fast have protein, fat, and low levels of carbohydrates.

Increase your water intake. In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day. In Kilos, this would be your weight (in kg) multiplied by 0.033.

Physical Resilience - Reflections

Based on your results where would you like to focus your attention on better physical resilience?



Which area of physical resilience would I like to strengthen?

What will success look like?

Which tips would I like to implement?

What strengths can I leverage to achieve this goal?

Emotional Balance

Emotional Balance	Development Need	Moderately Effective	Effective	Highly Effective	Score
					3
<p>You may be seen as less understanding of the needs of others, potentially overreacting to challenging or negative situations when these arise.</p>					

Sub-Scales

Sub-Scales	Development Need	Moderately Effective	Effective	Highly Effective	Score
Expressing Feelings					4
<p>While you likely have a general awareness of your changing emotions, you may struggle to express these at times, overreacting to challenging situations or becoming overly focused on the negatives.</p>					
Maintaining Positive Relationships					3
<p>You may be less understanding of others' needs, rarely seeking to understand their points of view before reacting to a situation, coming across as impatient at times.</p>					

Development Tips

Gain greater self-awareness when you find yourself reacting to situations. Ask yourself: What is really bothering me? What do I need to do to resolve the situation inside of myself? This will help you shift from being reactive to responding. When you have gained awareness of what is bothering you, ask yourself: How can I express my needs and wants in a healthy way to the other person or persons involved?

Keep a journal and express your needs, feelings and what is bothering you. This can help you work through your own emotions.

To get off the emotional roller coaster practice radical acceptance. Regardless of how well we care for ourselves, there will always be situations that arise that are upsetting for us. Accepting those challenges as an integral part of life can assist us in creating a greater sense of peace. When we accept the situation as it is new ways of seeing solutions begin to emerge.

Look at a challenge from another person's point of view. What are their needs, feelings, and what might they be concerned with from an identity perspective? What might they be afraid of losing or what they would like to gain? This will help you to be more compassionate when dealing with others.

Practice gratitude and appreciation for others. Ask yourself daily: Who do I appreciate and why? Go one step further and tell the person what you appreciate about them and what impact it has on you.

To reduce impatience, practice being in the moment and listening to others deeply. See if you can clear your mind and give someone 100% of your attention when they speak.

Emotional Balance - Reflections

Based on your results where would you like to focus your attention on better mastering your emotions?



Which area of emotional balance would I like to strengthen?

What will success look like?

Which tips would I like to implement?

What strengths can I leverage to achieve this goal?

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