



*The FEBI gives insight into one's use of 4 fundamental energy patterns linking mind, body, and behavior. It gives a view into the whole leader, and shows the way toward greater balance, resilience, and performance.*

The Focus Energy Balance Indicator™ (FEBI™) gives insight into one's use of four fundamental energy patterns linking mind, body and everyday work behaviors. It gives a view into the whole leader, and identifies practical ways to build greater balance, resilience, and performance.

The FEBI report includes: (1) a profile of one's pattern preferences, (2) characterization of how the patterns are used in combination, (3) sorted preferences for how one uses the patterns in 24 common work behaviors, (4) potential risk areas from under-using a pattern, and (5) wide-ranging development suggestions for strengthening a weak pattern.

The FEBI is especially useful in leadership programs and individual coaching, as it readily connects to other feedback and assessment data, and provides richer suggestions for ways to approach development areas. Research correlating FEBI results with 360 data show, in almost all cases, the areas for development noted by others come out of the weaker patterns self-reported on the FEBI.

The FEBI is also an excellent teambuilding tool, as it shows what behaviors a team will naturally migrate toward, what it may overlook, and ways it can be more balanced or focused in its approach.