Energy is an internal force that drives and propels individual actions. We measure current “working” and optimal energy to identify the health of organizations and leaders.

Average working Energy for the leadership sample is well below their average optimal energy. People are more productive when the gap of their working and optimal energy is low.

eePulse research indicates negative performance outcomes when working energy is more than one point from optimal energy. These data show that Over 60% of leaders are at risk of negative performance outcomes.

Overall, how would you rate your current Working energy at work?

Average Optimal Energy: 7.21
Average Working Energy: 5.69

15% are above optimal energy
2% are at optimal energy
83% are below optimal energy

Working too far and too long above optimal energy level is often counter-productive. Mistakes are made more frequently. Small obstacles easily become big problems. Working at this level for too long can lead to burnout.

At your optimal energy level is simply under-productive. Boredom sets in easily. Challenges are met with avoidance rather than action.

Overall, how would you rate your current Working energy at work?