

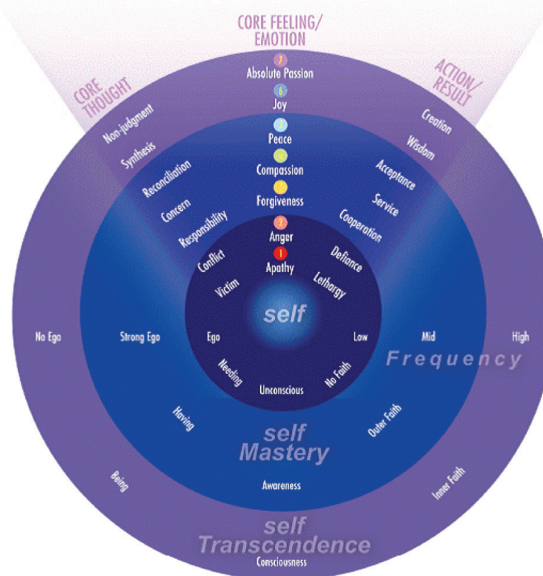
Introduction to SCOPE

What is SCOPE™?

iPEC Founder Bruce D Schneider’s bestselling book, *Energy Leadership*, introduced the concept of 7 levels of energy that describe how you “show up” in all aspects of your life. In any situation, at home or at work, in the gym or in a doctor’s office, whether you’re on the playing field or playing the game of life, the energy you experience determines the results that you get.

The **Energetic Self Perception** chart below shows these seven levels of energy – consisting of two levels of catabolic (draining, destructive) and five levels of anabolic (fueling, constructive) energy – and illustrates the core thoughts, emotions, and actions associated with each of the levels.

Energetic Self Perception



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iPEC’s Energy Leadership Index™ (ELI) assessment, taken by tens of thousands of people over the last decade, measures one’s overall energy, both in ideal circumstances and under stress. The assessment is amazingly accurate at pinpointing the underlying thoughts, beliefs, and emotions that dictate what you do and how you do it, and the awareness and insights it produces have literally changed lives.

In 2016, after years of development, iPEC released its newest assessment, SCOPE, as an app for mobile devices. SCOPE stands for Specific Current Operational Profile of Energy. With the introduction of SCOPE, you can now see your profile of energy – the energy that you have available (operational) for use right now (currently) with respect to the specific task you're rating. SCOPE also shows you which factors are influencing your energetic state and gives you suggestions for how you can shift to more anabolic (powerful, constructive) energy. In other words, while the ELI measures overall energy, with SCOPE, you can now measure your energy in any given moment.

Designed to be taken before any task, activity, or performance, the SCOPE assessment gives you a "Performance Factor" which lets you know how energetically engaged you are in that moment with respect to what you're rating. The higher your Performance Factor, the more likely it is that you'll perform well. Keep in mind that everything you do in life can be related to performance. How energetically engaged you are with respect to any task will increase the likelihood of performing it well.

When you take a SCOPE assessment, you'll know which factors (spiritual, mental, emotional, physical, social, and/or environmental) are affecting the energy in your "fuel tank."

Your CORE Dynamics Specialist is an expert in working with the SCOPE assessment and will be able help you optimize your upcoming performances, activities, and tasks.

When should you take SCOPE?

You can take the SCOPE assessment before any performance or task you're about to do. When you take SCOPE beforehand, fill out the assessment based on how you feel NOW, not how you think or expect you'll feel when you're actually performing or completing the task.

You can take SCOPE afterwards as well; if you do, take it as you actually were feeling during the activity.

After you complete SCOPE, your results and suggested strategies for raising your energy will appear on the screen.

What kind of tasks should you rate?

It is possible to rate a wide variety of tasks including:

- ▶ Practicing a skill
- ▶ Performing a skill
- ▶ Speaking on stage
- ▶ Making healthy lifestyle choices
- ▶ Meeting with a client
- ▶ Going to work in the morning
- ▶ Having dinner with a friend
- ▶ Participating in an athletic competition
- ▶ Taking part in a social event
- ▶ Working with a team
- ▶ Communicating about a challenging issue
- ▶ And more!

How to take SCOPE

Accessing SCOPE:

Search for “iPEC SCOPE” in the Apple App store or Google Play store and download the app. Set up an account and sign in via email, Facebook, or Google. The first time you sign in, click on “+” to start taking SCOPE. Any time you want to start a new SCOPE, click on My Assessments, then +.

(Note: if your coach has given you a “token,” click on “Connect to Coach” in the SCOPE menu and enter the token number in order to activate connection to your coach. You can do this at a future time if you prefer.)

Identifying the Task:

Be sure to make your task description detailed enough so you can recall, later on, what you were rating. Instead of “having a difficult conversation,” you may want to write “talking to Joe about his poor 1st quarter results.”

Filling out Part 1:

Each item in Part 1 shows two words or phrases that are representative of different levels of energy. Compare the two words/phrases. Select those that represent how you are thinking/feeling in this moment about the activity you listed.

- ▶ If you're thinking/feeling ANY degree of one of the two options, choose that option.
- ▶ Choose Both if you think/feel ANY degree of BOTH options.
- ▶ Choose Neither only if you are completely devoid of either option.

Filling out Part 2:

In Part 2, you are shown a statement about a factor that could influence your energy. In relation to your stated activity, quickly (without over-thinking) select the option that most closely matches your initial reaction to the statement. There are six options from which to choose:

Completely agree – Choose this option if the statement absolutely reflects how you feel about the task

Somewhat agree – Choose this option if the statement somewhat reflects how you feel about the task.

Neither agree nor disagree – Choose this option if you can't decide how you feel about the statement (it's neither true nor untrue for you).

Somewhat disagree – Choose this option if the statement doesn't really reflect how you feel about the task.

Completely disagree – Choose this option if the statement doesn't at all reflect how you feel about the task.

Not applicable – Choose this option if the statement does not apply at all to the task you're rating

Viewing results:

When you finish Part 2, your results will appear on the screen. If you have already connected to your coach, click on the Share Assessment icon (top right corner) to share this SCOPE assessment with your coach. If you want to keep your results private, do not share your results. As soon as you share, your coach will be able to access your results.

What do my SCOPE results mean?

The SCOPE report gives you the following information:

Performance Factor: This takes into account your overall energy and the different factors that affect it and is expressed as a number ranging from 1 to 7. The higher the factor, the closer you are to YOUR ideal performance state.

If you're in the green zone, you're highly anabolic and ready to go.

If you're in the orange zone, you're in the anabolic range, but you're also experiencing some stress/tension. If things go your way, you'll most likely perform well. If you encounter more stressors, you can easily fall into catabolic energy.

If you're in the red zone, you're experiencing catabolic energy and a good deal of stress/tension, so you'll most likely want to make some significant changes before you perform.

Performance Factor categorization: This shows how catabolic or anabolic your Performance Factor is. The more anabolic you are, the more likely you are to perform to your potential.

Primary and Secondary Levels of Energy: These are the energy levels you're most experiencing in relation to the task. Levels 1 & 2 are catabolic. The other levels are anabolic. The higher the level, the more anabolic, and the more likely you are to perform to your potential. Ideally, you won't be experiencing any catabolic energy toward the task, as catabolic energy drains you and detracts from your ability to perform.

Influences on your Energy (Click on "Energy Influencers" to access): This chart shows the extent to which spiritual, mental, emotional, physical, social, and environmental factors are influencing your energy. The shorter a bar, the more that area is detracting from your energy.

Strategies to Increase your Performance: These are interventions you can use to increase your energy in the moment and improve your performance for the activity. There are six categories of strategies: spiritual, mental, emotional, physical, social, and environmental. If none of these factors are detracting from your energy, you'll be told to keep doing what you're doing. If only one category is off (even if it's only slightly off), you'll receive one intervention to help increase your energy. If more than one category is off, you'll receive two strategies, one for each of the lowest rated categories. Make sure to scroll to see both suggested strategies. See the next section for more information on strategies.

Your COR.E Dynamics Specialist will be able to give you detailed information on what your results mean.

How to Use the Strategies to Increase your Performance

Even if a category is only slightly detracting from your energy, you will receive strategies for increasing your energy. That's because even a slight decrease in your energy means that you're not likely to perform to your potential.

Keep an open mind as you read through the strategies because the reasoning for the strategy may not be obvious. Be assured, though, that each of the strategies, if practiced before and during your performance or task, will increase your overall level of energy, thus increasing your potential of performing well. You may wish to keep track of the strategies that work well for you and add them to your success formula journal.

Finally, please remember that these strategies are general ideas. For more specific and detailed interventions, it is highly recommended that you speak with your CORE Dynamics Specialist, who is trained to help you identify strategies that are specific to your own circumstances.

Reviewing Previous SCOPE Reports

Click on My Assessments to access a list of all the SCOPEs that you have taken. The most recent one is listed first. Select the task in order to see your SCOPE report, including the interventions/strategies that were given to increase your Performance Factor.

Thank you for using SCOPE and we look forward to your success!