

# OUR SERVICES

MENTAL FITNESS  
(POSITIVE  
INTELLIGENCE)





Positive Intelligence represents a breakthrough in your ability to raise Emotional Intelligence (EQ) across your organization. The main challenges until now have been the existence of too many EQ competencies (18) and that initial improvements quickly fade over time.

Positive Intelligence dramatically simplifies this challenge due to factor analysis research that identified the root-level building blocks of EQ. 17 out of 18 EQ competencies are automatically developed through a combination of intercepting the negative Saboteurs and activating Self-Command and the 5 positive Sage Powers.

“Shirzad Chamine”

## WHAT IS POSITIVE INTELLIGENCE (PQ) COACHING?

Most teams work too hard, experience too much conflict, friction and stress, and vastly underachieve their potential. This is because every team member is unknowingly sabotaging both their own and their team’s performance and wellbeing. We’ll enable your teams to maximize both performance and wellbeing simultaneously by focusing on the root-level mental muscles that impact both.

Our program is also supported by technology through a mobile application to track the progress and help build and strengthen the mental Sage muscles required to upskill teams’ mental fitness capabilities

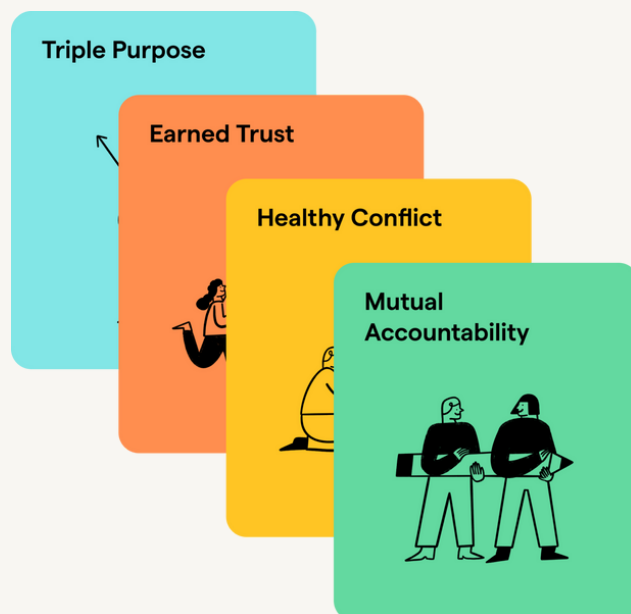
## POSITIVE INTELLIGENCE (PQ) COACHING BENEFITS:

- Elevates emotional Self-Awareness amongst team members

- Build sustainable powerful habits with PQ® tools
- Develop inspirational leadership with change catalyst mindset
- Influence and create resilient teams
- Improve Teamwork & Collaboration
- Increase Leaders engagement and focus in achieving results
- Empowers Leaders Social Awareness on Empathy & Service Orientation

## APPLICATIONS FOR TEAMS

Team modules in the app enable teams to grow the 4 Pillars required for maximizing both performance and wellbeing. Imagine the impact of every team in your organization becoming positively self-directed, optimizing both productivity and wellness.





Most teams work too hard, experience too much conflict, friction and stress, and vastly underachieve their potential. This is because every team member is unknowingly sabotaging both their own and their team's performance and wellbeing. We'll enable your teams to maximize both performance and wellbeing simultaneously by focusing on the root-level mental muscles that impact both.



**Positive  
Intelligence**

## **BUILD POWERFUL HABITS WITH PQ® TRAINING**

Most attempts at positive change fail because we stop at insight and don't build habits. Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. And that's what our PQ® Program empowers you to do.

## **HOW IT WORKS:**

### **DAILY PRACTICE**

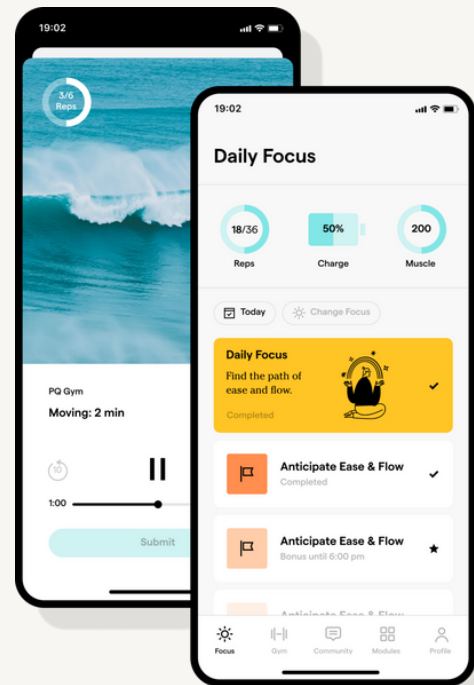
15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customized based on how you self-sabotage.

### **MEASURABLE PROGRESS**

You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

## **BUILD AND SUPPORT HIGH- PERFORMING TEAMS**

Our foundational six-week app-guided program boosts each individual's mental fitness through the Saboteur Interceptor, Self-Command, and Sage muscles. After the foundational experience, the app modules enable a team to assess their strength on the 4 Pillars required for maximal team performance and wellbeing: Triple Purpose, Earned Trust, Healthy Conflict, and Mutual Accountability.



### **WEEKLY FOCUS**

Weekly hour-long video delivers deep experiential exploration of the week's focus. You'll feel inspired and energized to practice during the week in order to sustain the benefits experienced during the video sessions.

### **COMMUNITY SUPPORT**

We help you establish a support and accountability group with other program participants. Research has shown this to be a critical success factor for establishing lasting new positive habits of the mind.