



INTELLECTUAL FITNESS

Your Mind Can Be Your Best Friend Or Your Worst Enemy

Not physically fit = physical stress in your muscles when climbing a steep hill
Not mentally fit = negative mental stress which results in anxiety, frustration, self-doubt, restlessness, and dissatisfaction

Mental Fitness is the X-Factor of Your True Potential!

Positive Intelligence - Why only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours.

WEAK MENTAL FITNESS YIELDS

- Communication Breakdowns
- Conflict in Relationships
- Difficulty managing Stress and Anxiety
- Lack of Focus
- Preoccupation with Failures
- Reduced capacity to overcome Hardship
- Self-doubt Saturation
- Susceptibility to Burnout

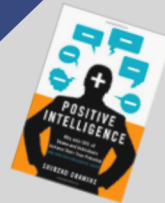


FLEXIBLE PRICING

- Individual, Couples, & Teams
- Discount for Groups & Intact Teams of 3 or more
- Bonus services included for Intact Teams including family member participation (2) in Program at no cost

CHALLENGES ARE NOT A RESULT OF TRAINING DEFICIENCIES

Stems from a "Mental Fitness" inadequacy – an ability to respond to life's challenges using a positive rather than a negative mindset. Shirzad Chamine's validated science-based and trusted system is designed to support new habits provided individuals are prepared to dedicate the initial effort to rewire years of unbeneficial mental habits -- with a focus of just 2% of one's time to PQ each week.



PROGRAM INCLUDES 6 WK PRACTICUM

- Flagship Positive Intelligence (PQ) APP
- Certified PQ Coach to guide participant through the app-guided program with 1:1, team or group coaching and assist with application
- Weekly 1-hr. Coaching Sessions
- Grow: PQ APP continues to provide a "Focus of the Day" and coach challenges on a variety of topics to build and reinforce the mental fitness programmatic concept

PQ IMPACTFUL IN THE FOLLOWING AREAS

Relationships | Trust | Collaboration
 Performance | Effectiveness
 Ownership and buy-in on a cohesive purpose
 Engagement & Support
 Focus on top priorities
 Accountability | Responsibility
 Effective Communication

CONTACT US NOW

FREE 15 MIN COACHING SESSION



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