

BUILD POWERFUL HABITS FOR A POSITIVE MIND SO YOU CAN 'BE' & 'FEEL' YOUR BEST



The Positive Intelligence 'Building Mental Fitness' Program has been designed to enhance your performance and wellbeing using principles underpinned by neuroscience, positive psychology and performance science.



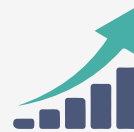
Enhance your wellbeing

Improve your capacity to navigate stress, restore a sense of calm and strengthen your confidence by combating self-doubt.



Strengthen relationships

Learn approaches for how to better relate to others, including strategies for improving collaboration and navigating conflict.



Invigorate your performance

Harness your ability to take decisive action and develop 'outside-the-box' solutions by applying 5 evidence-based responses that bring out the best in yourself and others.

Remain calm, focused and stress-free even in the midst of challenging conversations and situations.

Most attempts at change fail because we stop at insight and don't take action.

Experience how the daily focus sessions and innovative 'PQ Rep' exercises strengthen new neural pathways to form lasting positive habits and a renewed mindset.

The cumulative impact by the end of the Program is substantial!

The program has included over 1 million participants to date and is underpinned by research outlined in the New York Times best seller 'Positive Intelligence' by Shirzad Chamine. Key outcomes include:

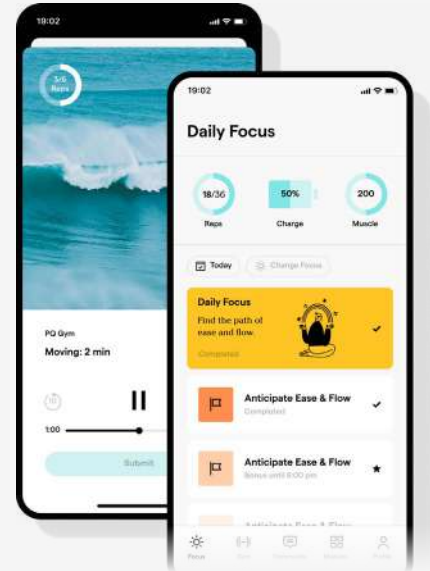
- ✓ Identify the common unhelpful thinking styles which create a filter with how we assess and respond to people and situations. This includes establishing your top two 'saboteurs' (as identified by the self-assessment) and clarifying how this impacts your wellbeing, performance and relationships;
- ✓ Learn simple and highly impactful PQ rep exercises which can be used in the moment to increase clarity and focus as well as 'intercepting' and 'redirecting' a stress related response;
- ✓ Learn 5 evidence-based responses which underpin the 'sage' approach and can be used to positively navigate any opportunity and/or challenge.

Learn simple and impactful approaches to transform your personal & professional life.

The 7-week program is accessed via the PQ app and entails listening to a 1 hour recording on the weekend, 4 x 2 minute sessions per day during the week and a 1 hour weekly group coaching zoom call to discuss insights, ask questions and to share tips for applying the principles to benefit your personal and professional life.

Additional features include:

- ✓ 12 months access to the PQ App which includes ongoing access to the weekly recordings and 18 different 'PQ rep' exercises that are recognised for releasing endorphins to counter stress-related responses;
- ✓ 7 weeks of Group Coaching, with a maximum of 8 people in each group to allow time for sharing insights and asking questions;
- ✓ The Positive Intelligence Self-Assessment, which personalises the learning experience;
- ✓ Flexibility with varied start dates and times.



Maintain FOCUS and PROGRESS with a community of like-minded people.

The Group Coaching sessions take place via zoom and provide an action orientated and solution focused conversation to set you up for success with applying your new insights and learning. Benefits include:

- ✓ Access guidance for how to put into practice the concepts covered in the weekly masterclasses;
- ✓ Challenge assumptions that may be getting in the way of you taking action;
- ✓ Develop strategies for overcoming obstacles and setbacks.
- ✓ A maximum of 8 people in each Group

Research demonstrates that being part of an accountability group increases the likelihood of applying your new skills and knowledge by up to 95% (American Society of Training and Development).

About ME

I am passionate about supporting individuals and teams to harness their potential and to enhance a sense of wellbeing.

After completing the Building Mental Fitness Program I personally found the outcomes to be a total game changer and took up the opportunity to become a certified Mental Fitness Coach so I could share the benefits with clients and friends.

This is underpinned by over 15 years experience working as a Consultant, with a focus on leadership development, change management and Inclusion & Diversity, and I am an Associate Certified Coach with the International Coach Federation.

My experience also extends to studies in applied neuroscience, positive psychology and the ongoing exploration of dynamic approaches to equip individuals with the skills, habits and confidence to translate their best intentions into positive change.

Please connect with me if you have any questions with regards to how the program can benefit you and/or your team.



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