



MENTAL FITNESS FOR LEADERS

A POSITIVE APPROACH TO LEADERSHIP

"I learned techniques to stop suffering from imposter syndrome so I could be present with my team." --Director of a Financial Services Company

POSITIVE INTELLIGENCE (PQ)

PQ is a measure of Mental Fitness. It's the best predictor of how happy we are and how well we perform relative to our potential at work, at home, and in life. PQ is a synthesis of recent breakthroughs in neuroscience, cognitive and positive psychology, and performance science.

We all have inner saboteurs that, when activated, stop us from being productive and caring for others. Shirzad Chamine's research shows we can learn certain simple techniques to help us quiet those saboteurs and allow us to improve our mental fitness to be more constructive, empathic, and positive with our employees and colleagues.

In this highly interactive introspective program, you will identify your top Saboteurs and learn techniques to increase your Mental Fitness to weaken the internal Saboteurs who generate all your "negativity" in the way they respond to challenges. It will encourage increased performance, offer greater happiness, and help you improve your relationships.

Take the free PQ assessment now to identify your saboteurs at <https://www.positiveintelligence.com>.

Become a member of the positive intelligence (PQ) community to increase your mental fitness.

Join a pod of 4-6 leaders or form your own pod

6-week on-line program

- 15 minutes/day of mental exercises
- 1 hour/week of instruction
- 1 Pod meeting/week of peer support
- 3 1:1 coaching sessions with Dr. Connell
- PQ book included!

Program cost is \$1495*



Dr. Joanie B. Connell is an organizational consultant, leadership coach, and author who specializes in maximizing leadership potential. She works with companies to attract, develop, and retain top talent, and with individuals to improve their personal success.

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