



PQ FOR PARENTS

A POSITIVE APPROACH TO PARENTING

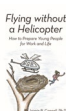
Healthy parenting requires a high level of mental fitness.

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 take control with our sage to be more constructive, caring, and positive with our children.

"I learned how to stop overanalyzing things and just show my kids I care."

"I discovered where my mommy guilt was coming from and how to show myself compassion."

"I found techniques to stop worrying I was doing something wrong so I could be present with my kids."



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.

Work with

Dr. Joanie Connell,
author of *Flying without a Helicopter* and PQ coach

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

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

2 books included!

Program cost is \$995*

*Ask about how to get your free ticket.

<https://flexibleworksolutions.com>

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