

POSITIVE INTELLIGENCE (PQ) WORKSHOP

"High Positive Intelligence means your mind acts as your friend far more than your enemy."

Shirzad Chamine

Learn how to identify your top Saboteurs & learn mental fitness techniques to overcome negativity.

We all have bad habits and negative voices in our heads that sometimes keep us from performing at our best. Just as we can change our habits to improve our physical fitness, we can develop better habits to improve our mental fitness.

In this highly interactive 2-hour virtual PQ workshop, 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.

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Mental fitness is a measure of the strength of one's positive mental muscles (Sage) versus the negative (Saboteur). Saboteurs react to challenges in ways that generate negative emotions such as stress, disappointment, self-doubt, regret, anger, shame, guilt, or worry. A person's Sage handles challenges through positive emotions like empathy, gratitude, curiosity, creativity, self-confidence, and calm, clear-headed, laser-focused action. The relative strength of one's positive Sage versus negative Saboteurs is called PQ (Positive Intelligence Quotient).

In this highly interactive 2-hour virtual PQ workshop, 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.

Focus

Participants in this course take the Positive Intelligence instrument and collaboratively learn:

- What their top saboteurs are and how they have been limiting their career and life success.
- Techniques to control their negative reactions to challenges and employ positive ways to achieve their performance objectives.
- Signals to recognize when their saboteurs are activated and how to stop them.
- Tools to grow and develop their team members to manage conflict and challenges and perform at their best.

Impact

- Increased Performance: perform better while working less hard—similar to athletes “in the zone.”
- Greater Happiness: feel less stressed, more peace, and consistent happiness, even in tough times.
- Better Relationships: improve relationships and ability to handle conflicts in ways that deepen trust and harmony.

Participants

This course is for managers and professionals who are looking for a positive way to reach high levels of performance, develop strong working relationships, and accomplish business objectives.

Instructor

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



Joanie has a wealth of consulting experience. She has consulted with Fortune 500 companies, as well as small and medium sized businesses, and also non-profits and the public sector. She has research and teaching experience too. A former engineer, Joanie has a passion for helping technical leaders develop people strategies to better manage their teams and build stronger relationships across functions and organizations. She hosts a podcast on the subject called Reinventing Nerds.

Joanie also loves working with younger people and is the author of the book “Flying without a Helicopter: How to Prepare Young People for Work and Life.” She teaches business and psychology students at the Rady School of Management at the University of California San Diego, and has also taught at the California School of Professional Psychology at Alliant International University, and in the Masters in Human Behavior program at National University. Joanie earned a Ph.D. in Psychology from the University of California, Berkeley, and a B.A. in Engineering from Harvard University.

Contact us to learn more and schedule your workshop.

Schedule a free consult: click [here](#)

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