

Mental Fitness



**Positive
Intelligence**

Build Powerful Habits for a Positive Mind

What this program does?

Build Powerful Habits for a Positive Mind

Most attempts at positive change fail because we stop at insight and don't build habits. Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. And that's what our program design empowers you to do.

Focus on Habit Formation

We focus on building neural pathways for lasting habits. We call this "mental fitness".

Treat Root Cause, not Symptoms

We rewire the brain at the root cause level.

Develop all 3 Core Muscles

Mental fitness requires 3 core muscles. Saboteur Interceptor, Self-Command, and Sage. Meditation only focuses on Self-Command,

Mental Fitness unlocks the Hive

The impact of mental fitness on teams is that it allows them to be better together. They can CONNECT, share perspectives, listen intently, and ask questions curiously. Teams innovate and find ways to navigate each other and challenges. Finally, they can take positive action, being better together!



The breakthrough contribution of Positive Intelligence research is through factor analysis to discover the core factors that impact both performance and wellbeing.

PROGRAM COMPONENTS

Self Directed

- Positive Intelligence App access for 12 months
- Self-development and personal reflections
- AudioBook: Positive Intelligence
- Guided PQ Reps (Brain reps)
- On-App Guided insights

Group Learning

- Weekly Group Coaching Sessions (7 weeks) of 1 Hour each to reflect and unpack insights
- Access to a Virtual team platform to reflect as individuals work through the program

\$995.00 per person

www.positiveintelligence.com

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Program Effectiveness

- Increased influencing and sales by 37%
- Increase performance by 31%
- Dr's can increase accuracy in their diagnosis by 19%
- Participants are 3 x more creative
- Marked increased in happiness and peacefulness

Better together...

Most teams work too hard, experience too much conflict, friction and stress, and vastly underachieve their potential. This is because every team member is unknowingly sabotaging both their own and their team's performance and wellbeing. We'll enable your teams to maximize both performance and wellbeing simultaneously by focusing on the root-level mental muscles that impact both.

- Unlock the SWITCH from FEAR to LOVE - Disarming the EGO and building a clearer, kinder leader, team member and executive.
- Creating organisational cultures where curiosity, deeper understanding and honesty replace judgment, fear and disharmony.
- Increased output, teaming, creativity, performance and courage by rewiring the brain for opportunity, connection and growth.

Daily Practice

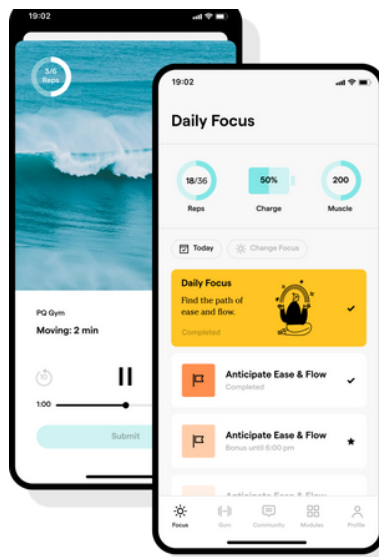
15 minutes/day of app-guided practice enables you to establish mental muscles

Weekly Focus

Weekly hour-long video delivers deep experiential exploration of the week's focus.

Community Support

establish a support and accountability group with other program participants.



Client Testimonial



Cynthia Stanton
COO
Sydney North Health Network

I have found the PQ program (Mental Fitness) to be one of the best programs I have done over this past year.

At first, I thought it would be another thing to feel guilty about not having time to do "properly", but it ended up being the exact antidote to this kind of thinking.

In a year that brought chaos to our worlds, it brought me calm and a recognition of my restlessness!



Rewire your Brain



The Survive Region: Your Inner Saboteurs

Saboteurs are the voices in your head that generate negative emotions when you handle life's challenges.

The Thrive Region: Your Inner Sage

The Sage lives in the middle prefrontal cortex, "empathy circuitry", and parts of the right brain. Activating this region results in the release of endorphins that counter the negative impacts of stress-induced cortisol.



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Mental Fitness

Unlocks Performance

Mental Fitness is a great framing that removes the "stigma" of self-development as "fluffy" and challenges us to work on who we are!

I have been teaching, learning and practising shifting into my wise (Jedi) brain and being curious, open and creative, yet there is no magical SWITCH that helps me shift my brain (neuronal pathways); It takes a bit of science and a lot of practice. When I have achieved my best outcomes and lived my purpose, I have been present, peaceful and in a place where I can use what I have to make a difference. When I have been in the worst place,

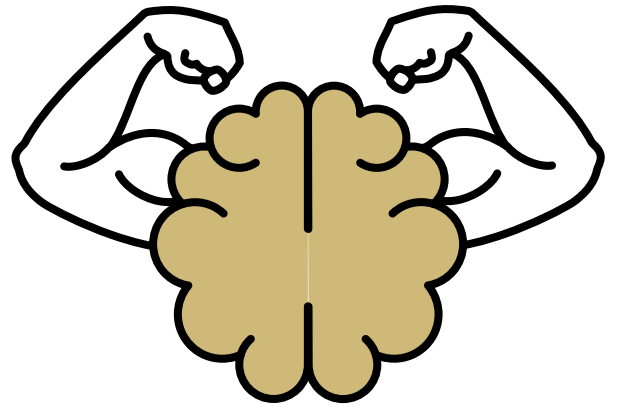
I have fought for my "survival", struggled to be present, and had to self-protect; I was swamped with the fear of failure and not being good enough. I fought my way through but found that the strategies I had built were not allowing me to be generous with others and connect deeply. I was turning into a self-righteous, judgmental performer losing steam!

So if my wise brain (my inner Jedi) helps me navigate my world to be high performing, better with others and simply a peaceful human that is brave, filled with courage and evolving to High Performance, what is the opposite? Shirzad Chamine, the founder and author of Positive Intelligence and lecturer at Sandford university, calls the opposite our Saboteurs. That tricky place in the brain where our Darth Vader lives (survival brain) and where we need to protect ourselves as we learn how to live in an unpredictable world. Here is the clincher, when we are in Darth Vader's brain, no way are we better together.

We judge others; we struggle to hear, be coached, learn, fail and flow. We are so independent, picky and harsh on ourselves that our ability to team, connect and feel like we are part of something bigger is just that breath away. It is always just a breath away.

I have a friend who runs marathons; I see him training every day, watching what he eats, and getting enough sleep, all of which help him be a peak athlete. See, he works on who he is every day to be better.

So why not work on mental Fitness to harness our strengths, sense of self, presence, and peaceful brain? How?



The key is to find 15 minutes a day to be fully present and teach our brain how to build new neural pathways that help us "switch" when we recognise we are in survival mode.

Recently, a CEO I support has taken this journey (mental fitness practice) for themselves and their leadership team. They were placed in a situation where I knew their Darth Vader would show up (or had in the past). I witnessed the Inner Jedi (That incredible, wise brain). They stayed curious, open and kind yet clear—some of my favourite leadership competencies. Why? Because this creates understanding, and openness and helps us stay out of that JUDGE that engages shame and blame, fear and disconnection.

What mental presence activities can you practice to teach your brain to stay present and peaceful?

How aware of you of your Darth Vader (JUDGE & SABOTEUR) and when it shows up for you?

What is the essence of your Inner Jedi (That generous, fearless, peaceful part of you that is hidden deep inside under all your armour)

Why not start focusing on your Mental Fitness?

It will help you LEAD, LOVE, LIVE your best life, you matter, and of course, as you know, I believe we are fundamentally better together that, allows us to be HIGHER PERFORMING and with a HIVE mentality.

Christina Foxwell



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