

Positive Intelligence™ Coach Program for Leaders with Inspired Executives



*“Life is a shipwreck,
but we must not
forget to sing in the
lifeboats.”*

Voltaire (1694 – 1778)

Increase your performance and productivity with a calm, clear and positive mind. The 6-week Positive Intelligence™ Program is designed to give you insight, motivation and structure through 15 minutes of daily practice. The program combines weekly video sessions with daily app-guided exercises to strengthen your three key mental fitness muscles: recognizing saboteurs, developing a sage attitude, and strengthening self-direction.

Are you up for a mental fitness program with lasting impact?

Would you like to better manage stress, control your reactions, and reduce negative emotions? If you struggle with stress in life and in your relationships, the PQ program is for you. It is possible to improve your mental fitness and well-being in as little as six weeks.

The results of the Positive Intelligence™ program have been consistently described by this feedback:

- Reduced stress
- Fewer distractions
- Increased self-awareness
- Clear decisions in the moment
- Pause between trigger and reaction to reflect

- More stable mental state, less rumination
- Increased leadership effectiveness
- Serenity, clarity and focus
- Better friend and family member
- More empathy
- More resilience in the face of challenges
- Healthier sleep
- More inner peace and presence
- More awareness of negative thoughts
- Serenity through the day
- Positive outlook
- Improved organizational skills
- Getting into flow more easily

If you need or want any of this in your life, this program is best suited for you.

Schedule (starts on Saturdays)

- *Week 1* - Strengthening self-command: Developing mental muscles to recognize and stop self-defeating and self-deprecating thoughts. Well-being begins to improve.
- *Week 2* - Weakening the Judge: The Judge affects us in three ways: by judging ourselves, others, and situations. Reducing the Judge's power over the mind. Controlling self-judgmental thoughts and increasing positive energy.
- *Week 3* - Weakening the Saboteurs: Saboteurs are never satisfied with our performance and create negative self-talk that affects self-worth. Learn how to weaken the saboteurs' power over our minds.
- *Week 4* - The Sage Perspective: While we weaken the Judge and the Saboteur, we can strengthen our Sage perspective and use their five superpowers. This creates energy, reduces stress, and improves well-being.
- *Week 5* - Strengthen Sage power: It's all about empathy, feeling for yourself and others. This strengthens positivity and weakens saboteurs. This week reinforces joy, energy and self-confidence, which creates authentic leadership strengths.
- *Week 6* - The Navigate & Activate powers: This week is about navigating situational stress and activating adaptive strategies. Activating the PQ superpowers increases mental focus.
- *Optional: Week 7* - Applications of the PQ Operating System in Different Areas of Life: The final week holds insights on conflict management, energy management and stress reduction when using the PQ Operating System.

New information and videos will be provided on Saturdays so that you can finish your week with detachment and serenity, and positively prepare for the new week.

What is included in the six-week PQ program?

Using tools and techniques from groundbreaking research and best practices in neuroscience, performance science, cognitive psychology, and positive psychology, the Positive Intelligence™ coach program gives you the tools to transform your brain in just six weeks. With the unique app, weekly videos, and daily practice, you'll gain both insights and exercises to strengthen the important muscles in your brain. Yes, you will have a gym for your brains!

Components of the Positive Intelligence Program™ for Leaders with Inspired Executives.

- Begin with the 6-week app-led PQ program.
 - Note: There is a 7th week as a special bonus
- Daily guided exercises and weekly focus
- PQ gym to build mental muscles with games and fun learning methods
- Support through the app
- Weekly reflections and 30-minute personal coaching sessions to work toward your full potential and help you integrate key learnings
- To strengthen and reinforce your PQ, follow up with six one-hour coaching sessions on a bi-weekly or monthly basis.

Next steps

Build your mental fitness by developing effective routines and a (more) positive mindset.

Sign up for the Positive Intelligence™ Program for Leaders with Inspired Executives by emailing Annette@Inspired-Executives.com. If you have any questions, please call us at +49 162 240 4002.

We look forward to working with you on your PQ.