

## PQ™ Leadership Coaching

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# The PQ® Program

## Build Powerful Habits for a Positive Mind

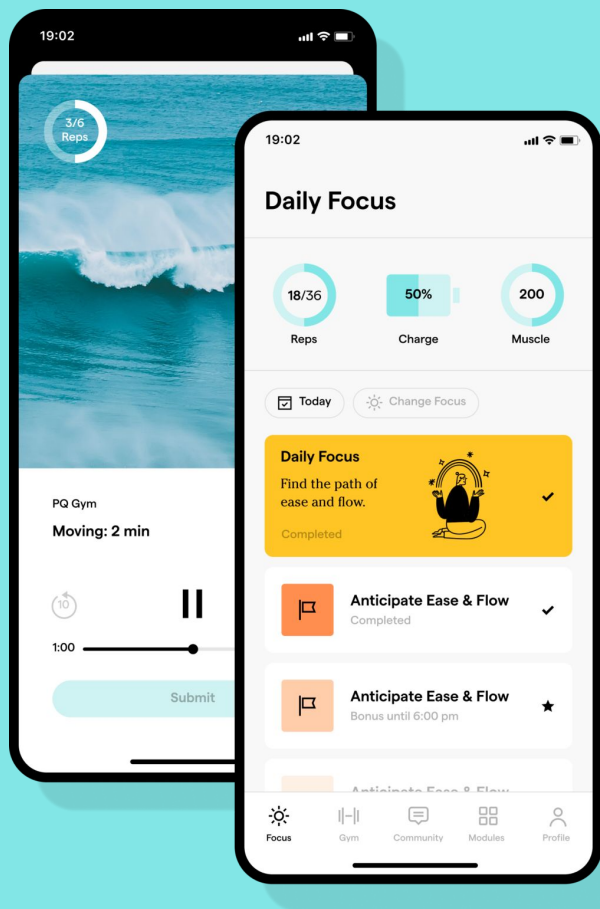
Positive Intelligence® (aka PQ®) is a mental fitness program that utilizes research-based tools to empower wellness, performance, and healthy relationships by laying down new neural pathways that form lasting positive habits.

Through daily practice, the PQ® Program helps identify and decrease negative thoughts (your Saboteurs) and works to increase positive thoughts (your Sage).

### Long-Term Applications for Work and Life

- Identify the Saboteurs That Are Holding You Back
- Increase Wellness and Reduce Stress
- Build a Foundation of Mental Fitness
- Strengthen Critical Mental Muscles
- Grow Healthy Relationships
- Improve Performance and Productivity
- Learn Better Conflict Management Tools
- Measurable Progress: Brain Rewiring May Be Visible in MRI Imaging Within 8 Weeks

# Go From Self Sabotage to Self Mastery



**PQ® App Available on Apple, Android, and Desktop**

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PROGRAM CONTENT AND MATERIAL DO NOT CONSTITUTE MEDICAL OR MENTAL HEALTH ADVICE AND ARE NOT A SUBSTITUTE FOR PROFESSIONAL CARE, DIAGNOSIS OR TREATMENT OF ANY MEDICAL OR MENTAL HEALTH CONDITION.

Your PQ® coach, trained in the Positive Intelligence® operating system by founder Shirzad Chamine, is qualified to guide you through the program, which you will access and monitor your progress using the PQ® App.

## **Daily Practice 15 Minutes**

Build one small muscle at a time, laying down new neural pathways to form lasting positive habits in your mind on a daily basis.

## **Weekly Focus 1 Hour**

Coach Shirzad guides you through experiential exercises that deepen and personalize your understanding of mental fitness tools.

## **Weekly Pod Meetings**

Increase your success in establishing new and lasting positive habits by engaging in enriching discussions facilitated by your PQ® coach. These small groups (aka Pods) provide weekly discussion opportunities and consist of as few as two people (you and the coach) or up to five individuals going through the PQ Program with the same coach simultaneously.

Imagine the possibilities when you're able to remain calm, clear-headed, stress-free, and positive even while handling work and life's greatest challenges.

Make a commitment now to boost your mental fitness.