



# How To Accelerate Transformative Change For Meaningful Results

Imagine... by engaging in **2-minute** exercises, **4 times a day**, receiving support and inspiration from a small group that meets virtually for an hour each week, you were able to...

- Reduce your stress/anxiety to make better decisions with greater clarity (e.g. career direction, new role or org.)
- Quiet the negative self-talk/self-doubt
- Tap into more positive energy to build healthy relationships with others and self
- Increase your stamina and well-being to lead organizational change (e.g. reorg.)

## Positive Intelligence--PQ Mental Fitness & Leadership Coaching

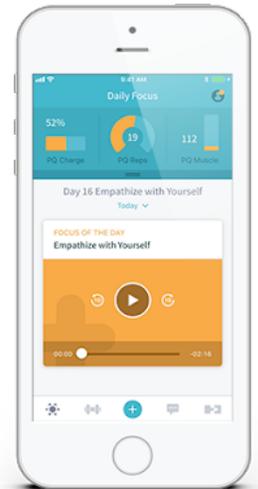
*A process designed to accelerate transformative change for meaningful results.*

**Overview:** Just as we go the gym to build our physical muscles, through the PQ Mental Fitness Program, you will clarify which inner mental muscles need to be strengthened to experience successful transformative change from the ease of your mobile device. PQ is proven to boost all 18 Emotional Intelligence competencies.

The PQ Program allows you to develop new skills to identify your Saboteurs (negative messages that block efforts for transformative change) and learn to balance them with your authentic Sage Powers (strengths that bring energy and focus to the areas of life you want to improve and/or change). Learn more at [www.positiveintelligence.com](http://www.positiveintelligence.com).

Throughout the eight-week program, you will practice and apply what you are learning in your own life situations with a small group of like-minded professionals.

The program includes:



### Six Weeks of Positive Intelligence Practice via easy-to-use App

- 60 minutes of recorded video delivered each week
- Daily exercises to practice for a total of 20 minutes throughout each day

### Eight Weeks of Coaching

#### Week One

- One-hour, private session to set your intentions/goals for the program
- Group orientation session learning about each other and the program

#### Weeks Two through Six

- Each week enjoy a one-hour facilitated group session to inspire, challenge, and integrate your learnings

#### Week Eight

- One-hour facilitated group session to capture new learnings, celebrate results, and identify next steps

**Are you ready to begin? A new group is forming in May; I am ready to work with you. Schedule your complimentary 45-minute virtual information session! Click the link <https://CarsonGreilGroup.as.me/ContactingbyZoom>**