



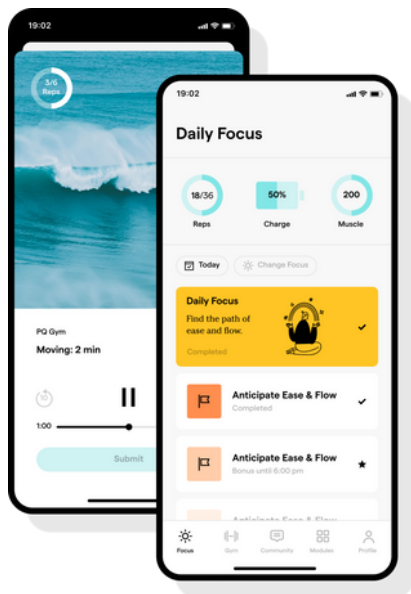
Building Mental Fitness for sustained improvements in wellbeing, relationships, and performance.

Summary

Our breakthrough, research-based tools strengthen the part of the brain that serves you and quiet the part that sabotages you. You handle life's challenges with a more positive mindset and less stress. We call this mental fitness.

Core Capabilities

The Positive Intelligence (PQ) Mental Fitness Program grows the three core mental fitness muscles within six weeks. The breakthrough app delivers personalized daily practices that result in powerful new habits to boost performance, improve wellbeing, and strengthen relationships.



Daily Practice

15-minutes/day of app-guided practice enables the establishment of mental muscles (neural pathways). These exercises are bite-sized to fit into busy schedules.

Weekly Focus

Weekly 1-hour video delivers a deep experiential exploration of the week's focus.

Measurable Progress

You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

Accountability

Weekly live group sessions maintain accountability, deepen the learning, and strengthen the content application for sustained improvements.



MENTAL FITNESS

Is your capacity to handle the challenges of life with a positive rather than a negative mindset.

A scalable and sustainable way to enable every team member to build mental fitness and achieve full organizational potential.

© Positive Intelligence

HOW WILL YOU AND YOUR PEOPLE BENEFIT FROM THIS?



WELL-BEING

Feel less stressed, more confident and at ease, even in tough times.



RESILIENCY

Unlock your creative power so you can respond with agility to Life's ups and downs.



RELATIONSHIPS

Strengthen your interpersonal skills. Relate in a way that strengthens relationships, and reduces friction.



FOCUS

Improved productivity by being able to take clear-headed, laser-focused action to advance on goals.

IMPACT ON YOUR ORGANIZATION:



CULTURE:

Create & maintain a culture that engages, attracts and retains quality talent.



BOTTOM LINE:

Increase profitability with improved performance, less sick leaves & turnover.

MENTAL FITNESS PROGRAM - What's included:

- Prep week with Kickoff Meeting.
- Flagship App Guided PQ Program.
- Coaching support by Inga Michaelsen, PQ Certified Coach to deepen the knowledge. and application of PQ concepts.
- Optional additional team-building sessions.



The results span both performance and wellness across the organization

90%

Use Mental/Emotional Energy More Effectively

92 %

Improve Ability to Develop Others

85%

Increase Happiness

91%

Manage Stress Better

83%

Improve Self-Confidence

84 %

Better at Conflict Management

Positive Intelligence has boosted Mental Fitness and generated spectacular results for employees of hundreds of organizations





TIME FRAME

Week 1

Mental Fitness: How to reach your Potential for both Success & Happiness

60-minutes Introduction to the Positive Intelligence Framework and Mental Fitness. Participants will learn which mental muscles they need to grow to perform at their peak, enjoy meaningful relationships and experience a greater sense of well-being and joy.

Week 2

Mental Fitness Foundational Program will start

During the first team call, we will explore how we want to work together to deepen the learning for all and help you determine what you most need to get out of the program. You'll set compelling goals. You'll identify strategies for addressing whatever might limit your learning—either individually or as a team.

Week 3 - 8

Week Mental Fitness Bootcamp in progress

Experience the powerful app-based "Positive Intelligence" Mental Fitness Training Program. Get into the practice of quieting your thought patterns causing you negative emotions such as anxiety, resentment, self-doubt or unhappiness. Instead, grow your capacity to respond from your "Sage" mind, and start experiencing more joy, confidence, and ability to respond calmly and clearly to whatever life presents you.

Week 9

Mental Fitness Bootcamp completed

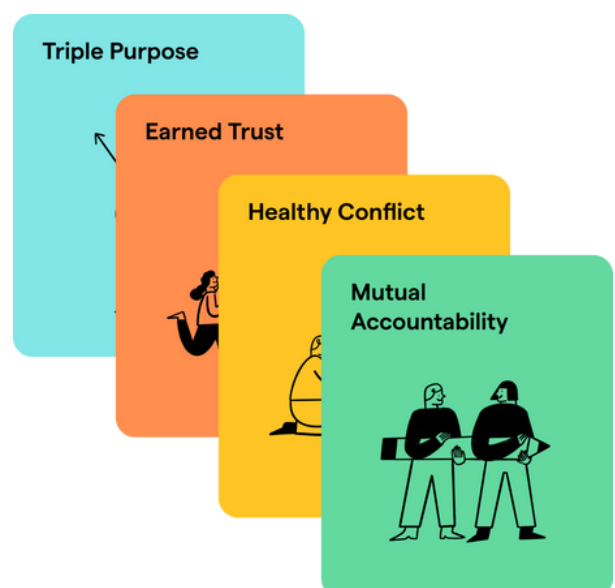
You have cultivated success and happiness supporting mental & emotional habits! Learn how you can apply this new way of being in the world in different aspects of your professional, personal life and as a team.

Week 10

Keep Growing your Mental Fitness

After the 8-weeks of intensive practice, keep growing your Positive Intelligence as an individual and as a team with the support of your app and your coach.

Optional: Grow a mentally fit team & culture with an annual subscription to the Mental Fitness GROW program and access to the 4-Pillars of highly effective team modules.





Positive Intelligence has boosted mental fitness and generated spectacular results for employees of hundreds of organizations.

"Everyone who cares about personal growth and being their best selves needs to learn this material."

Bill L.
Highmark



"This has been an extraordinary gift for my team. The concepts are phenomenal — a true revelation in the way to think and handle work and life's challenges. Besides the lasting impact on myself, I've loved hearing how many people this has touched in my company."

Jessica Herrin
CEO, Stella & Dot

I've taken lots of programs over my 3 decades with the Agency. But yours is by far the most transformative.

Senior Manager
Government Organization



For more testimonials and case studies
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