

Intercept Burnout & Maximize Performance

12-Week Group Coaching Experience

This program is based on the proven science of Positive Intelligence® (PQ) created by Shirzad Chamine. Shirzad is the author of the New York Times bestselling Positive Intelligence. Shirzad has lectured on Positive Intelligence at Stanford University and has trained faculty at Stanford and Yale business schools.



Here's What's Included:

- 12 Interactive PQ Coach™ facilitated cohort-based coaching sessions: 90 minutes each.
- 11 Self-paced training video modules: 60 minutes each.
- Daily bite-sized exercises to build mental fitness skills and track personal goals.



Build Powerful Habits for a Positive Mind

Daily Practice

15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customized based on how you self-sabotage.

Measurable Progress

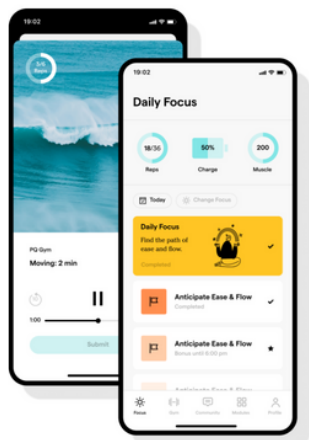
You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

Weekly Focus

Weekly hour-long video delivers deep experiential exploration of the week's focus. You'll feel inspired and energized to practice during the week in order to sustain the benefits experienced during the video sessions.

Community Support

We help you establish a support and accountability group with other program participants. Research has shown this to be a critical success factor for establishing lasting new positive habits of the mind.



Data from Positive Intelligence® Program Participants:

91%
Manage
Stress Better

83%
Improve
Self-Confidence

84%
Better at Conflict
Management

90%
Use Mental/Emotional
Energy More Effectively

92%
Better at Teamwork
& Collaboration

85%
Increase
Happiness

data source: <https://www.positiveintelligence.com/business>

What Makes this Program So Effective?

Treat Root Cause, not Symptoms

PQ factor analysis research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. This program rewires the brain at the root cause level.

Focus on Habit Formation

For sustained results, we focus on building neural pathways that form lasting new habits. That's why we call this "mental fitness".

Develop all 3 Core Muscles

Mental fitness requires 3 core muscles. Saboteur Interceptor, Self-Command, and Sage. Meditation only focuses on Self-Command, which is why it is not sustained by most.

SAMPLE PROGRAM OUTLINE

Intercept Burnout & Maximize Performance

BONUS
(3) PRIVATE 1:1
COACHING SESSIONS



**RLD
GROUP**
Rebooting Leadership Drive

WEEK	TOPIC	SELF-PACED	MON	TUE	WED	THU	FRI	READING	
1	KICKOFF	ORIENTATION CALL, DOWNLOAD APP, TAKE ASSESSMENTS, START BOOK						90-Minute Cohort Session	CH 1: POSITIVE INTELLIGENCE CH 2: 3 STRATEGIES
2	SELF COMMAND	Watch 60-Minute Course Video	Weekly 5-Min Reflection	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)			90-Minute Cohort Session	CH 7: PQ BRAIN FITNESS TECHNIQUES	
3	INTERCEPTOR MUSCLE: JUDGE	Watch 60-Minute Course Video	Weekly 5-Min Reflection	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)			90-Minute Cohort Session	CH 4: JUDGE, MASTER SABOTEUR	
4	ACCOMPLICE SABOTEURS	Watch 60-Minute Course Video	Weekly 5-Min Reflection	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)			90-Minute Cohort Session	CH 3: SELF ASSESSMENT 10 SABOTEURS	
5	SAGE PERSPECTIVE	Watch 60-Minute Course Video	Weekly 5-Min Reflection	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)			90-Minute Cohort Session	CH 5: SAGE PERSPECTIVE	
6	EMPATHIZE	Watch 60-Minute Course Video	Weekly 5-Min Reflection	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)			90-Minute Cohort Session	CH 6: THE 5 SAGE POWERS	
7	INNOVATE & ACTIVATE	Watch 60-Minute Course Video	Weekly 5-Min Reflection	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)			90-Minute Cohort Session	CH 8: PQ SCORE & PQ VORTEX	
8	NAVIGATE	Watch 60-Minute Course Video	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)				90-Minute Cohort Session	CH 9: WORK & LIFE APPLICATIONS	
9	EXPLORE	Watch 60-Minute Course Video	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)				90-Minute Cohort Session	CH 10: LEADING SELF AND TEAM	
10	APPLICATION	Watch 60-Minute Course Video	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)				90-Minute Cohort Session	CH 11: DEEPENING RELATIONSHIPS THROUGH CONFLICT	
11	INSIGHTS/GROWTH	Watch 60-Minute Course Video	Focus of the Day, Coach Challenge, & Reflections (2 min - every 3 hours)				90-Minute Cohort Session	CH 12: SELLING, MOTIVATING, PERSUADING	
12	AFTER ACTION REVIEW & NEXT STEPS	Watch 60-Minute Course Video	LIFE APPLICATIONS				90-Minute Cohort Session	CH 13: THE MAGNIFICENT YOU!	