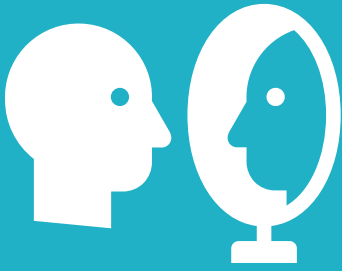
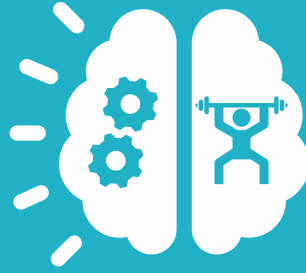




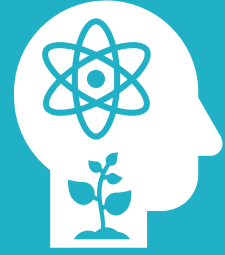
POSITIVE INTELLIGENCE (PQ)



SELF - AWARENESS

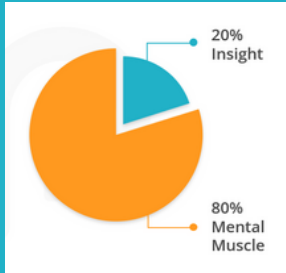


MENTAL FITNESS



POSITIVE MINDSET

MENTAL FITNESS COACHING FOR LASTING POSITIVE CHANGE



Mental Fitness (PQ) is the X-Factor in Performance & Happiness. If you're physically fit, you can climb steep hills without physical stress. If you're mentally fit, you can handle life's great challenges without mental stress or other negative emotions. You'll be happier and perform better. To achieve lasting positive change, research shows that you need to build mental muscle – insight alone does not support lasting positive change.

8 weeks to a more BALANCED, CALM, POSITIVE, & RESILIENT YOU



Mental fitness is a measure of the strength of your positive mental muscles (Sage) versus the negative (Saboteur). A key to Mental Fitness is to weaken the internal Saboteurs who generate all your "negativity" in the way they respond to challenges. Your "Sage" lives in an entirely different region of your brain and handles challenges in ways that produce positive emotions like curiosity, empathy, creativity, calm, and clear-headed laser-focused action, helping you perform better, and feel happier.

This powerful 8-week* coaching programme, which is delivered online, is also supported by the Positive Intelligence mobile app which provides daily support and tailored coaching to help you build your mental fitness and to work towards being at your best.

This coaching programme is excellent for individuals, and teams alike, with both seeing the benefits of improved performance, better relationships, greater empathy, happiness, and overall wellbeing.

*8 weeks with your coach includes – 1 week to download the APP and set your goals, 6 weeks of practice, and a final week for reflection



To explore Positive Intelligence coaching as an individual, a team, or a business, please contact – caroline@4positivegrowth.co.uk or call + 44 (0) 7710 631181 or scan the QR code for the 4PositiveGrowth website

Coaching to help you be at your best

Discover more at <https://www.positiveintelligence.com/>