



How To Accelerate Transformative Change For Meaningful Results

Imagine... 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, and you were able to...

- Tap into more positive energy in your life
- Find more peace and harmony in your work and home life
- Finally quiet the negative self-talk
- Get rid of your “shoulds” and tap into curiosity to expand your possibilities
- Reduce your stress and anxiety
- Experience freedom and joy

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.

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.

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 Group 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 Seven

- Each week enjoy a one-hour facilitated group session to inspire, challenge, and integrate your learnings
- Six weeks of positive intelligence practice via an app

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 soon; I am ready to work with you. Schedule your complimentary 45-minute virtual information session! Click the link <https://CarsonGreilGroup.as.me/ContactingbyZoom>