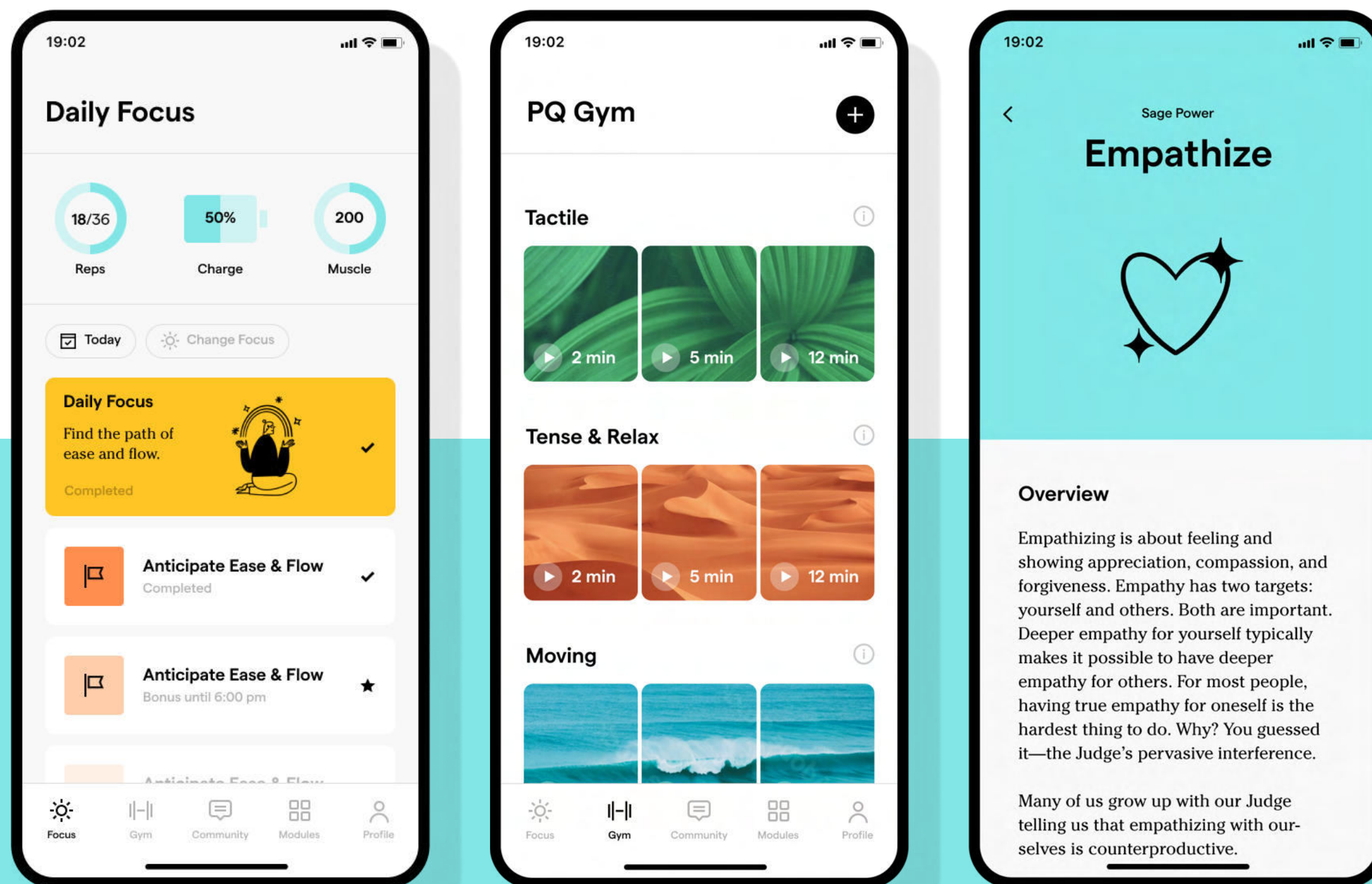


# Positive Intelligence (PQ) Platform Annual Subscription

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



[positiveintelligence.com](https://positiveintelligence.com)

# Build Powerful Habits for a Positive Mind

Most attempts at positive change fail because we stop at insight and don't build habits.

Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. That's what our program design empowers you to do.

## 8-Week Foundation

You get to build a foundation of mental fitness by strengthening three critical mental muscles to shift the balance of power from your Saboteurs (your negative self) to your inner Sage (your positive self).

Meet the Founder and Program Creator

## 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.

Shirzad has been the CEO of the largest coach training organization in the world. A preeminent C-suite advisor, Shirzad has coached hundreds of CEOs and their executive teams. His background includes a BA in psychology, an MS in electrical engineering, and an MBA from Stanford.

## Core Elements of Mental Fitness Include:



### Saboteur Interceptor Muscle

Your Saboteurs generate all your negative emotions, including stress, anxiety, self-doubt, anger, avoidance, procrastination, insensitivity or discontent.



### Sage Muscle

Your Sage handles challenges with a clear and calm mind, and positive emotions.



### Self-Command Muscle

When you are in full command of your mind you can choose to not stress out over what you can't control, push away self-doubts, recover from disappointments immediately, and spend less time in anger, regret, or blame.



# PQ Annual Subscription Platform

Sustainable mental fitness program for individuals, teams, and organizations



## Immersive Foundational Program

Install the PQ Operating System in 8 Weeks

## PQ Powered Teams Modules

4 Pillars of high performing teams

## Annual PQ Grow Program

Sustained and continuous development

## Monthly Applications Webinars

Apply PQ to your work and life situations with Shirzad

## Mastermind Sessions with Shirzad

Network with other PQ Powered C-Level Leaders globally

## PQ Content Vault

Access to continuous supply of new Modules

## Membership for Close Family

Power of PQ for your close circle

## Coaching and Accountability Group

Continuous Support from Certified PQ Coach (Pod meetings)



The PQ mental fitness program is scientifically designed to upgrade the internal operating system to achieve measurable personal, team and organizational impact



# Launch

## Getting Ready

### Monday – Friday

Take assessments  
Introductory meeting  
Download the app

60 min

### Saturday – Sunday

Watch weekly video

60 min

# Install

Immersive  
foundational program

## Weeks 1-8

- 1 Boost Self-Command
- 2 Intercept the Judge
- 3 Accomplice Saboteurs
- 4 Shift to Sage
- 5 Sage Power - Empathize
- 6 Sage Power - Innovate & Activate
- 7 Work & Life Applications
- 8 PQ Powered Team Experience

### Monday

Pod meeting

30-60 min

### Tuesday – Friday

Focus of the Day  
Power Breaks  
Journal

2 min every 3 hrs

### Saturday – Sunday

Watch weekly video

60 min

# Grow

Continuous self-paced  
growth

## Weeks 9-52

### Daily

New Focus of the Day  
Power Breaks  
Journal

2 min every 3 hrs

### Monthly

New PQ application  
Module content in app  
PQ application sessions

60 min

### Quarterly

C-Leader Session with  
Shirzad (live mastermind)

60 min

# Succeed

Our dedication to  
your success

## Exclusive Support

### Community Access

Participants can interact  
with the colleagues going  
through the program

### Family Engagement

Immediate family  
members of participants  
can experience  
the program as part of  
your subscription

### Personalized Support

Our Customer Success  
Team will support  
enrollment, ROI  
measurements set-up,  
and module schedule  
customization



# PQ Powered Teams

## 4 Pillars of PQ Powered Teams

4 Pillars enable teams to maximize BOTH performance AND wellbeing at the same time



### Triple Purpose

Commit to each member’s continuous growth towards self-actualization, inspired by positive impact on others.



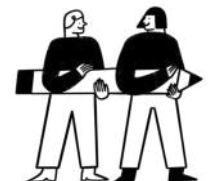
### Healthy Conflict

Conflict is embraced as a gift. Team members learn to be upfront and direct in challenging each other to arrive at best solutions.



### Earned Trust

Create a safe place for people to be transparent and authentic, admit to mistakes and shortcomings, feel supported, and cared for by one another.



### Mutual Accountability

Team members hold each other accountable for both results and conduct, as opposed to waiting for the team leader to do so.

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## Energy Optimization

Optimize your work to feel more energized and less drained while having higher impact.

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## Team Architecture

Develop a deeper appreciation of each person’s role and the healthy creative tension between the roles.

## PQ Powered Modules

The PQ app ensures continued growth through a variety of work and life applications delivered monthly.



### Stress Management

Discover how your stress is entirely generated by Saboteurs. Learn to shift from Saboteur to Sage response to reduce stress.

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### Leadership

Challenge outmoded Saboteur-led assumptions about how to lead. Learn a leadership model that simultaneously brings out the best Sage qualities in yourself and others.

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### Relationship Mastery

Discover the 3:1 positive to negative ratio required in healthy relationships. Learn the powerful technique of Relationship Design to build and maintain healthy relationships.

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### Wellness

Discover the neuroscience of your mind/body connection. Improve your sleep, diet, and exercise led with Sage strategies.

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### Productivity / Performance

Develop a personalized performance plan using your Self-Command and Sage Powers for optimal productivity.

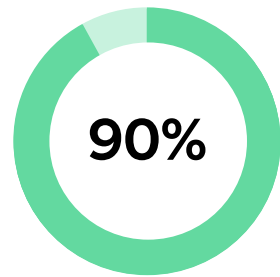
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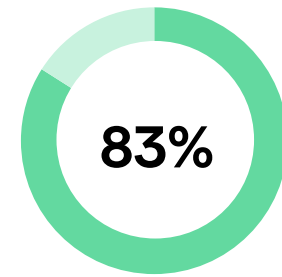
### Parenting

Intercept common parenting traps. Learn how to boost your kids' mental fitness, Self-Command, and Sage strength.

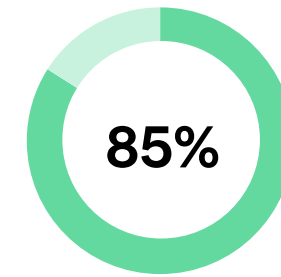
# The Results Span Both Performance and Wellness Across the Organization



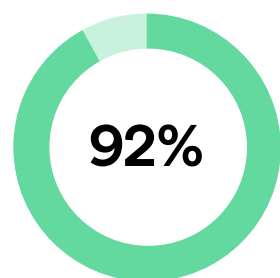
Use Mental/Emotional  
Energy More Effectively



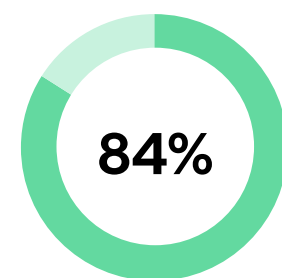
Improve Self-  
Confidence



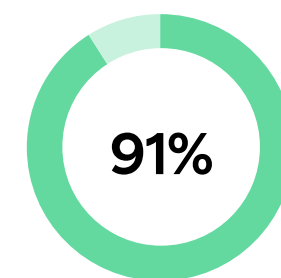
Increase Happiness



Improve Ability to  
Develop Others



Better at Conflict  
Management



Manage Stress  
Better

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



If you're interested in the Positive Intelligence  
Program for a team or organization –

**Let's connect**

[info@in-teams.de](mailto:info@in-teams.de)