

Program Outline

[Positive Intelligence](#) is a program that uses videos, group discussions, and mindfulness exercises to help you spend less energy judging yourself and others, and reframe to more positive emotions like self-confidence, creativity, empathy, gratitude, and curiosity. It aims to improve our “mental fitness” which is our ability to respond to situations clearly and calmly rather than with negative emotions like stress, anxiety, shame, self-doubt, or anger. The program is 7 weeks long and a time commitment of ~3 hours per week.

Program Goals

- Examine and disrupt the source of negative emotions (Saboteurs) including stress, anxiety, self-doubt, anger, avoidance, procrastination, insensitivity or discontent.
- Understand how to tap into your highest potential / peak performance through the 5 Inner Sage powers of Empathize, Explore, Innovate, Navigate, and Activate.
- Practice mindfulness exercises that help you better command your mind: snap out of ruminating thoughts and tap into a clearer, calmer mind.

Program Inclusions

- Weekly facilitated discussions with a peer group
- Weekly video trainings on how to decrease your judge and tap into your inner sage
- Self-guided mindfulness exercises in the app
- Positive Intelligence app access for 1 year
- Saboteur Assessment
- Positive Intelligence Assessment
- Positive Intelligence Audiobook (New York Times bestseller)

This program is right for you if you're...

- Ready for the time commitment of 3 hours per week for 7 weeks
- Open to the vulnerability and challenge it takes to examine your inner critic
- Committed to engaging in self-reflection activities and deep self-development
- Interested in learning new perspectives and expanding your ways of thinking

Results from program research

- Within 6-8 weeks of mental fitness training you'd be able to see the results in MRI imaging:
 - Increased grey matter in the PQ Brain region, home to your Sage (positive mental muscles)
 - Decreased grey matter in the Survivor Brain region, home to your Saboteurs (negative mental muscles)
- Improvements in these competencies lead to substantial results:
- At MetLife, trained salespeople outsold the control group by 37%
- Motorola recorded improved productivity in 93% of trained employees
- In a UK restaurant group, higher competency resulted in 34% greater profit growth
- At Sanofi-Aventis Pharmaceutical, the average salesperson with improved competency sold \$55,200 more per month
- At L'Oreal, strength in these competencies resulted in \$91,370 increase per sales person
- At CIBC, strength in these competencies account for 32% of booked sales and 71% of pipeline sales

Program Schedule Outline



MENTAL FITNESS PROGRAM

	POD MEETING	MON	TUE	WED	THU	FRI	SAT	SUN
Prep Week	Weekly on Mondays or Tuesdays			Take assessments	Download app		Watch Week 1 Video (60 minutes)	
Week 1: Boost Self-Command			Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 2 Video (60 minutes)	
Week 2: Intercept the Judge		Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 3 Video (60 minutes)	
Week 3: Accomplice Saboteurs		Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 4 Video (60 minutes)	
Week 4: Shift to Sage		Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 5 Video (60 minutes)	
Week 5: Boost Sage Powers		Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 6 Video (60 minutes)	
Week 6: Taking Action		Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Wrap-Up Video (60 minutes)	
Week 7: Continuing Your Practice		Maintain or Grow		New Grow Content Begins*			*For those who choose to continue the journey beyond 6 weeks	