



7-WEEK
POSITIVE INTELLIGENCE
(PQ)
INTRO PROGRAM

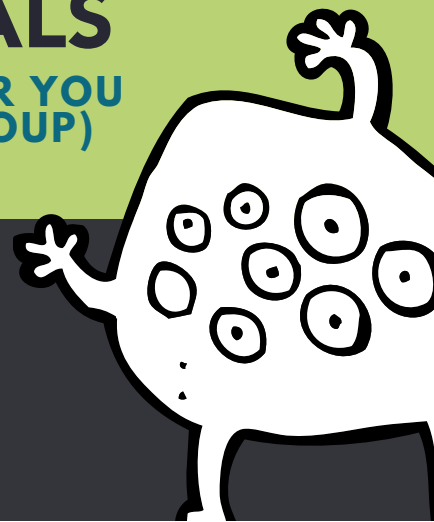
WITH
INSIDE-OUT COACHING
PROFESSIONAL MENTAL FITNESS TRAINING

COME AS A GROUP OR TEAM

OR

COME AS INDIVIDUALS

AND DISCOVER THE RIGHT GROUP FOR YOU
(MAXIMUM 5 PARTICIPANTS PER GROUP)





Join the 7-week introduction course!

**Understand & boost your own PQ
for immediate & sustained improvements
to your performance & wellbeing**

Boost Mental Fitness

Learn . Grow . Shine



Thrive in challenging times



Strengthen relationships



Reach peak performance with ease

PQ 7-WEEK INTRODUCTION SETUP

STARTING TIME:

WHEN YOU & YOUR POD ARE READY

READY..?



TIME INVESTMENT OVER 7 WEEKS

6 X 1 HOUR WEEKLY VIDEOS

15 MINS / DAY PQ PRACTICE WITH APP

READY..?



POD SUPPORT MEETING FREQUENCY:

30 MINUTES / WEEK

READY..?



FINANCIAL INVESTMENT:

700 (USD OR EQUIV) ALL INCLUSIVE

READY..?



PQ 7-WEEK INTRODUCTION CONTENTS

Week 1 - Self-Command Muscle

Meet your coach. Learn to use PQ Reps to boost Self-Command muscles in only 10 seconds!

Develop greater mind mastery to quiet the negative & activate the positive region of your brain with each PQ Rep.

Week 2-3 - Saboteur Interceptor Muscle

Intercept Saboteurs the moment they hijack thoughts, feelings and actions. Expose & stop Saboteurs lies, limiting beliefs and triggers.

Week 4-6 - Sage Muscle

Learn & practice the Sage Perspective & turn problems or challenges into gifts & opportunities.

Generate gifts through the 5 Sage Powers:
Empathize, Explore, Innovate, Navigate & Activate.

Week 7 - Wrap Up & Next Steps

Harvest the gifts from the introduction course & move forwards with confidence and ease.

Post course continued mental fitness via the PQ app for only 70 USD / EQUIV / MONTH

Contact:

Gillian Walter

**International Coach
Switzerland & Worldwide**



**MORE INFORMATION & REGISTER:
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