

ELEVATE YOUR

Mental Fitness

Boost your mental fitness for a fresh start in 2024.

Your Positive Intelligence Quotient (PQ) measures how often your mind supports you over sabotaging you. Invest in yourself and face the year with a positive outlook.



How can Positive Intelligence (PQ) help you?

- Boost your self-command on-demand
- Reduce conflict, friction and stress and increase potential
- Build trust and empathy to allow authentic interaction
- Learn to approach conflict in a healthy way and find solutions
- Develop mutual accountability for results and conduct
- Use PQ techniques to rewire your brain
- Generate positive emotions and achieve peak performance

INCLUSIONS OF THE PROGRAM

- 7-Week Intensive** Intro + 1 hr weekly Pod sessions with your PQ coach
- Daily Practice** 15 mins daily app-guided practice
- Weekly Focus** 1 hr weekly video exploring the weeks' focus
- Measurable Progress** Track your progress on the app
- Community Support** Engage with your Pod and the PQ community

PROGRAM COMPONENTS

Self-Directed

- Positive Intelligence App access for 12 months
- Self-development and personal reflections
- AudioBook: Positive Intelligence
- Guided PQ Reps (Brain reps)
- On-App Guided insights

Group Learning

- Weekly Group Coaching Sessions (7 weeks) of 1 hour each
- Access to a Virtual team platform

PQ OUTCOMES

- 92%** Better Teamwork and Collaboration
- 91%** Managed Stress Better
- 85%** Increased Overall Happiness
- 84%** Better at Conflict Management

Book your place today



Contact anel@ignitepurposeafrica.com for more information