

ENVOYPEACE COACHING & CONSULTING

POSITIVE INTELLIGENCE (PQ) PROGRAM DESCRIPTION

**Only
\$295**

Here's what happens in less than 3 hours a week over the 6-weeks of training:

- PQ App program delivery and progress charting on your smart phone or tablet
- Guided Mindfulness Practices (PQ Reps) you do 5 times a day for a total of 10 min/day
- Weekly Video Lessons that will inspire you to think and feel more deeply
- Weekly Pod Sessions guided by Kevin with 4 other specially selected students

Here's what else is included:

- One-year access to the PQ App: 6-week program, mindful practices, and progress chart
- Free audio and ebook to support your work if you'd like to learn more for yourself
- 40% discount to special Intentional Life-Journey Coaching Processes to dive in deeper

PERSONAL GUARANTEE: This program takes less than 3% of your waking time. My experience is that the three hours a week required to learn the program is more than returned back in personal happiness and productivity. If you put your heart into it and don't get what you expect, I'll give you your money back.

Establish healthy neuropathways that become part of your natural thinking and emotional patterns, and that you can access during times of mental challenge or emotional stress.

**To find out more and register
schedule a 15 min appointment:
<https://envoypeace.as.me/PQ>**

**To Register Now:
[https://envoypeace.as.me/
PQTrainingJan2023](https://envoypeace.as.me/PQTrainingJan2023)**

CALENDAR – POSITIVE INTELLIGENCE (PQ) POD 13

January 21, 2023* – March 14, 2023

	REQUIRED (3 Hours a Week)							OPTIONAL				
	SAT	SUN	MON	TUE	WED	THU	FRI	Positive Intelligence Free Download	Journey Processes 40% Discount			
Prep Week 0 Jan 23 – 27	● Sign Coaching Agreement ● Download PQ App ● Set Up Calendar		POD MTG Mon or Tue	● Use PQ App Gym ● Saboteur & PQ Assessments ● Optional PQ Reading			Schedule Time with Kevin if you need help: https://envoypeace.as.me/PQ		Chapter 1			
Week 1 Jan 28 – Feb 3	Video #1 60 min - Self-Command Goals & PQ Gym		POD MTG Mon or Tue	Boost Self-Command Touch	Boost Self-Command Breath	Boost Self-Command Sound	Boost Self-Command Visual	Chapter 2	The Judge			
Week 2 Feb 4 - 10	Video #2 58 min - The Judge PQ Gym	Weekly Reflection	POD MTG Mon or Tue	Intercept Judge of Self	Intercept Judge of Others	Intercept Judge of Circumstances	Intercept all Judging	Chapter 3				
Week 3 Feb 11 – 17	Video #3 59 min - Saboteurs PQ Gym	Weekly Reflection	POD MTG Mon or Tue	Intercept #1 Saboteur	Saboteur Impact on Performance	Saboteur Impact on Relationships	Saboteur Impact on Stress	Chapter 4				
Week 4 Feb 18 – 24	Video #4 56 min - Sage Perceptive PQ Gym	Weekly Reflection	POD MTG Mon or Tue	Sage Gift 1: Knowledge	Sage Gift 2: Power	Sage Gift 3: Inspiration	From Controller to Surfer	Chapter 5	The Saboteur			
Week 5 Feb 25 – Mar 3	Video #5 54 min – Empathize PQ Gym	Weekly Reflection	POD MTG Mon or Tue	Empathize with Yourself	Empathize with Yourself (again)	Empathize with Others	Empathize with Others (again)	Chapter 6				
Week 6 Mar 4 – 10	Video #6 57 min - Sage Powers PQ Gym	Weekly Reflection	POD MTG Mon or Tue	Sage Power: Innovate	The Innovate Attitude	Sage Power: Activate	Activate Power Guide	Chapter 7				
Bonus Mar 11– 14	Video #7 71 min - PQ Applications PQ Gym	Weekly Reflection	POD MTG Mon or Tue	Decide to stay use Free PQ App or join PQ Grow Pod		PQ Grow **	PQ Grow **	Chapter 8	The Sage			

Pod 13 Mtg Link
Code: 123123

* The 1st Pod meeting is on a Mon or Tue - The 1st training video is available on Jan 28th

** For those who choose to continue to the Grow Program with continuous new content

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POSITIVE INTELLIGENCE (PQ) PROGRAM STARTUP STEPS

PROGRAM PREPERATION (Week 0: <1 hr)

STEP 1 - Complete Your [Program Payment](#)



STEP 2 - Availability for Pod Meetings

Email [Kevin](#) with times on Mondays and Tuesdays that you can meet for a 1-hr weekly Pod meeting.



STEP 3 - Sign a Coaching Agreement

[Download](#) and sign a coaching agreement. You can print and scan, or sign it digitally, and email to [Kevin](#).



STEP 4 - Download the PQ mobile App

When your program is set you will receive an email with this checklist and you can [download](#) the PQ App.



STEP 5 - Take the Initial Self Assessments

Complete the [Saboteur](#) and [PQ](#) Assessments.



STEP 6 - Set Up Your Personal Calendar

Create reminders for individual and group success:

- One hour on the weekend for your training video
- One hour on Mon or Tue for your Pod Meeting
- 2-min, 5x a day, for your daily focus and exercises

WEEKLY SCHEDULE (Week 1-6: 3 hrs a wk)

Sat - Sun:

Watch a 1 hour video with Shirzad Chamine.
Build Self Command in the PQ Gym on the App.

Mon or Tue:

Share your experiences and get/provide support in a 1 hour Pod meeting.*

Mon:

Reflect on the week.

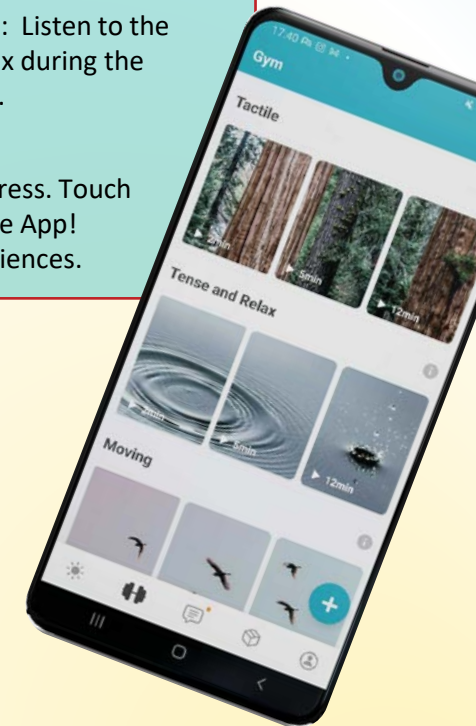
Tue - Fri:

Follow the PQ App 2 min sessions: Listen to the daily focus, do coach challenges 3x during the day, journal at the end of the day.

Any Time / Any Day:

Use the PQ Gym. Track your progress. Touch base with your pod or coach in the App!
Ask questions & share your experiences.

* Pod Mtg day & time dependent on group



ADDITIONAL RESOURCES

Positive Intelligence:

Free audio and ebook access to Positive Intelligence by Shirzad Chamine.

Positive
Intelligence

Journey Processes:

Schedule a Journey Process or Coaching Session during the program at a 40% discount. A thank you for participating.

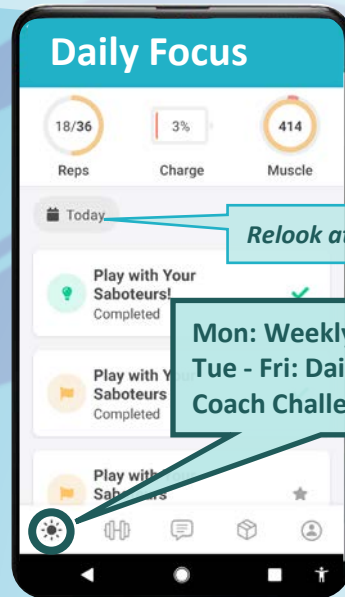
Journey
Process

PQ App on Your PC:

Access your PQ App on your computer.

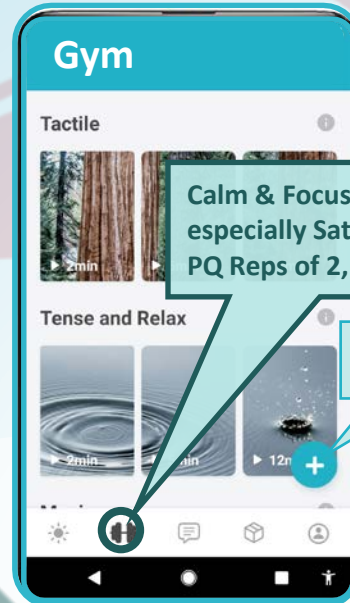


PQ APP OVERVIEW



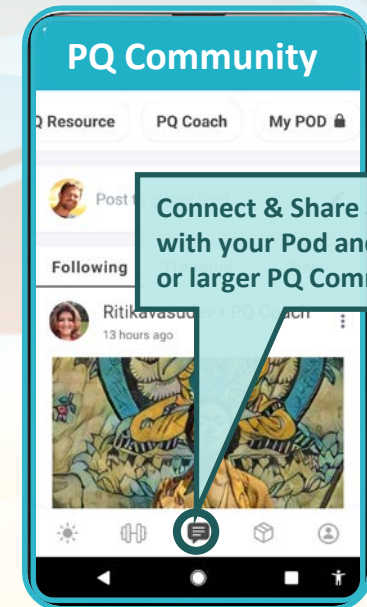
Relook at past dates

Mon: Weekly Reflection
Tue - Fri: Daily Focus,
Coach Challenges, Journal

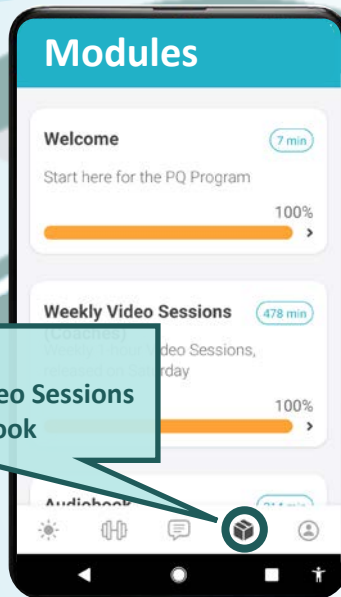


Calm & Focus anytime
especially Sat, Sun, Mon
PQ Reps of 2, 5, & 12 min

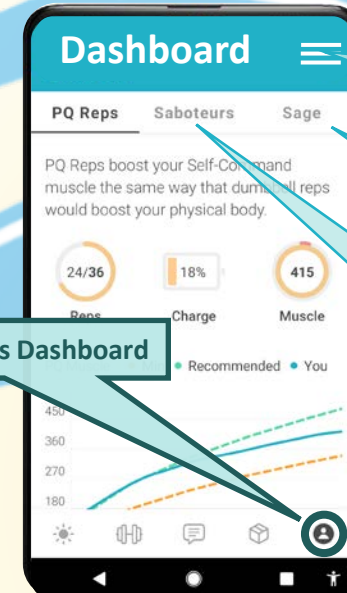
Add Your
Own PQ Reps



Connect & Share anytime
with your Pod and Coach,
or larger PQ Community



Welcome Message
Sat - Sun: Weekly Video Sessions
Anytime: PQ Audio Book



Personal Progress Dashboard

Read Daily Journal
Read/Edit Goals
App Settings
Support

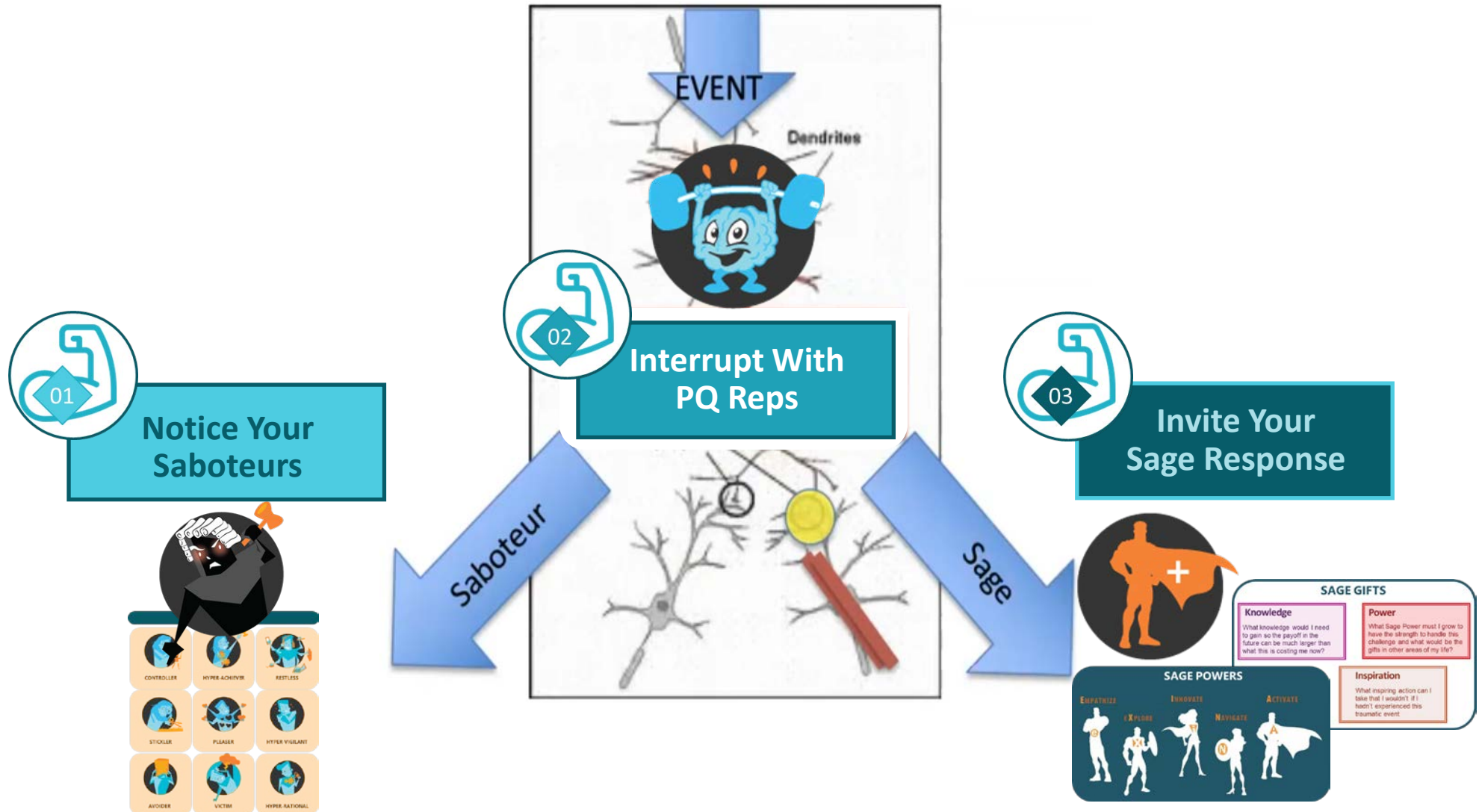
Sage Progress
(Wk #4+)

Select your Top
Saboteurs (Wk #3)

ADDITIONAL SUPPORT

Online: <https://support.positiveintelligence.com>
Appt w/Kevin: <https://envoypeace.as.me/15min>

Build New Healthy Neuropathways



Breakthrough Researched Results through Positive Intelligence*

In 6-8 weeks MRI imaging showed:

- **Increased grey matter** in the Prefrontal Cortex and Right Brain (Sage Brain)
- **Decreased grey matter** in the Amygdala/Fight-or-Flight Brain (Saboteur Brain)

Substantial Corporate Improvements:

- Motorola: improved productivity by 93%
- A UK restaurant group: increased profit growth 34%
- MetLife: trained salespeople outsold the control group by 37%
- L'Oreal: strengthened competencies resulted in \$91,370 increase per sales person
- CIBC: strengthened competencies accounted for 32% booked sales & 71% pipeline sales
- Sanofi-Aventis Pharmaceutical: salespersons w/improved competency sold \$55,200 more/month



*Reference: PositiveIntelligence.com/Program

CHANGE YOUR BRAIN

A measure of emotional intelligence (EQ) is how quickly we can move through upset to a place of calm and clarity. The Positive Intelligence (PQ) program helps to create new neurological pathways and improve EQ. The phone app supports the time and space for a purposeful practice 5 times a day for just 2 minutes.

The goal is to establish the awareness of when we are in upset and the mental muscles and habits to move us through it effectively. The result is dramatic improvements in daily happiness and performance.

SIMPLICITY OF PQ

1. If you're feeling negative emotions STOP. You're in Saboteur mode.
2. Do some mental gym PQ Reps to quiet Saboteurs and activate Sage.
3. Assume Sage Perspective that every problem can be converted into a gift and opportunity.
4. Shift to the gift and opportunity through practices of inspiration, knowledge, or strength.

RESEARCH

- This work is a synthesis of the latest breakthroughs in neuroscience, cognitive and positive psychology, and performance science.
- Research with 400,000 participants has shown PQ to be the best predictor of how happy you are and how well you perform relative to your potential.
- With daily intervals of PQ practice, after 6-8 weeks MRI images show increased grey matter in the Prefrontal Cortex (Sage Brain) and decreased grey matter in the Amygdala (Saboteur brain).



Boost Your Mindfulness

Boost your ability to command your mind to quiet the Saboteur brain. Positive Intelligence (PQ) Reps are 2 to 3 minute exercises that boost this critical self-command muscle, and can then be accessed other times during the day when needed.



Intercept Your Saboteurs

Learn to expose and intercept your top Saboteurs. Saboteurs are the voices in your head that generate negative emotions in the way they handle life's challenges. They sabotage both your happiness and performance.



Grow Your Sage

Learn to grow your Sage. Your Sage lives in an entirely different region of your brain and generates positive emotions while handling life's challenges. Your greatest happiness and performance is generated through your Sage.