

The latest research in neuroscience confirms the principles of Positive Intelligence and its connection with performance and happiness. This workshop focuses on the evidence based principles of "Positive Intelligence" by Shirzad Chamine.

Objectives

- Understand and apply PQ (positive intelligence) principles in your everyday life.
- Learn what 'saboteurs' are and how they intervene in your world view and influence your "thoughts".
- Recognise which of the 10 main saboteurs hold the greatest power over you...and create strategies to take away their power.
- Identify your "sage"/inner voice of wisdom and strength.
- Develop PQ practices which develop sage "muscles".



Content

Part 1 - Building Awareness

- Understanding what a "saboteur" is, its origins and the brain's "fight or flight" response.
- Meeting the Master Saboteur - "the Judge" and learning how he operates!
- Taking a short self-assessment* to identify which of the Judge's accomplices are holding you back.

Part 2 – Developing Strength

- Understanding the Five Sage Powers and how to call on them.
- Leveraging the "3 Gifts Technique" to weaken the saboteurs.
- Introduction to short mindfulness/centering exercises as a means of strengthening one's resilience.
- Applying the principles learned in personal and professional lives.

*Participants may also wish to complete Shirzad Chamine's online Saboteur assessment at www.PositiveIntelligence.com