

A structured and relational approach to mental fitness
for midlife professionals and practitioners



Delivered by
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Build Powerful Habits for a Positive Mind

The PQ® Program from Positive Intelligence® brings a science-based yet deeply human approach to enhancing wellbeing, focus, and relationships.

Backed by neuroscience, the program helps you break free from self-sabotaging patterns and build mental fitness through consistent daily practice.

What Does the PQ Program Include?

Interactive Learning 1 hour weekly

Short videos and activities for practical, real-world application

Morning Practice 3-4 minutes daily

Exercises to deepen and personalize your understanding of mental fitness tools

10-Second Exercises Anytime

Quick practices to reinforce positive habits anytime, anywhere

Trauma-Sensitive Content

Supportive guidance tailored to individual needs

Pod Discussions

Small groups for shared learning, motivation, and accountability

The PQ App

Available on Apple, Android, and Desktop, the app integrates your daily practice and tracks your progress toward lasting change

Why It Works

The PQ Program is unique in its ability to create sustained change by addressing the root causes of stress and negativity. Neuroscience-based tools and app-guided practices help you:

- Build resilience to navigate life's challenges
- Strengthen empathy, collaboration, and relationships
- Achieve peak performance without sacrificing well-being



Commit today to improving your mental fitness and unlocking your full potential through the PQ Program

What Is Mental Fitness?

Mental fitness is your capacity to respond to life's challenges with a positive, clear, and focused mindset instead of being derailed by stress, negativity, or self-doubt.

What Does the PQ Program Do?

Most efforts to create lasting change fail because they don't address the root problem.

The PQ Program Helps You:

Catch Your Saboteurs

Recognize negative mental patterns that undermine your well-being, relationships, and performance.

Energize Your Sage Brain

Activate the part of your brain that fosters clarity, resilience, and creativity.

Use Your Sage Powers

Apply five core Sage Powers (Empathize, Explore, Innovate, Navigate, and Activate) to overcome challenges and achieve your full potential.

Participants in the PQ Program report significant improvements in just seven weeks.

For example:

91% manage stress better

97% improve empathy

85% increase happiness



Program Options

The Positive Intelligence® Foundation Program is a 7-week guided process based on a well-established mental fitness framework developed by Shirzad Chamine.

I use this framework as a reliable structure, while guiding the process through a relational and experiential approach shaped by years of therapeutic and organizational work.

The focus is on strengthening inner stability, awareness, and practical clarity that can be lived in everyday professional and personal situations.



Call To Action

Step into a curated Positive Intelligence® experience — designed for those seeking calm focus, authentic resilience, and meaningful growth.

Limited places ensure an intimate, high-quality setting.

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