

Summary

Positive Intelligence's breakthrough, research-based tools strengthen the part of the brain that serves you and quiet the part that sabotages you. You handle life's challenges with a more positive mindset and less stress. We call this mental fitness.



Core Competencies

Positive Intelligence (PQ) is your partner in sustaining a culture of positivity and high performance through mental fitness.

- The PQ Program grows the three core mental fitness muscles within seven weeks.
- The breakthrough app delivers personalized daily practices that result in powerful new habits that boost performance, improve well-being, and strengthen relationships.
- The PQ Program is completed virtually.

Differentiators

When creating lasting positive change, learning is 20% of the process. The other 80% is achieved through building mental muscle.

- The PQ Program is uniquely designed to deliver both insight and application.
- The PQ Program strengthens the three core mental muscles to achieve sustainable improvements in performance, well-being, and relationships.
- The PQ Program empowers individuals to build mental muscles and operationalize mental fitness in their daily lives.

Company Snapshot

Codes & Certifications

UEI: CCGFSSVMEK37
CAGE Code: 7NEE4
Small Business under NAICS: 611430
ISO 27001 certified
CMMC Level 1 certified

Contact Information

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Past Performance

Positive Intelligence has boosted mental fitness and generated lasting results for employees of hundreds of organizations around the world.



Participants in the PQ program report the following improvements in their performance and wellness:

Based on survey results from cohort of >2000
PQ Program participants after 7 weeks
of mental fitness training

90%

Use Mental/Emotional
Energy More
Effectively

83%

Improve
Self-Confidence

85%

Increase Happiness

92%

Improve Ability
to Develop Others

84%

Are Better at Conflict
Management

91%

Manage Stress Better

Why strengthen mental fitness?

If left unchecked, certain modalities of the mind can sabotage mental well-being, performance, and relationships. Mental fitness is the measure of one's ability to weaken negative modalities and strengthen those that generate a growth mindset. This mental shift is critical for regulating attention, emotion, and cognitive functions to achieve optimal outcomes in performance and wellness.

Positive Intelligence provides a three-step process for building and sustaining mental fitness in which participants learn to:

- Diminish the brain's sabotaging responses
- Strengthen the brain's positive responses
- Develop self-command over the mind

For Individuals, Leaders, and Teams

The PQ Program optimizes individual performance and well-being through seven weeks of foundational mental fitness training. After the PQ Program is complete, Positive Intelligence offers programs designed for every stage of your growth.

- PQ-Powered Teamwork
- Unleash Your Full Leadership Potential
- Reduce Burnout in Your Organization
- Master Change for Organizational Success
- Strengthen Mental Fitness for Stress Reduction

Services & Applications

Boost Performance

- Mental stamina
- Resilience
- Adaptability
- Focus



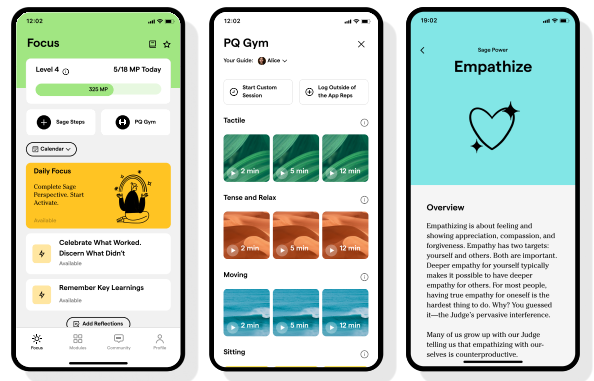
Improve Well-being

- Emotional intelligence
- Burn-out prevention
- Stress management
- Self-confidence



Strengthen Relationships

- Conflict management
- Talent retention
- Collaboration
- Leadership
- DEIA



Daily Practice

- Build mental fitness with 15-minute app-guided practice sessions
- Track mental well-being with daily, app-guided check-ins
- Invest minimal time each day; no need to deprioritize other commitments

Assessments

- Take the Saboteur Assessment to identify your negative thought patterns
- Track progress with the Positive Intelligence Quotient (PQ) Score Assessment

Accountability

- Participate in virtual group sessions led by a Positive Intelligence Certified Coach
- Connect with a community of team members for support and motivation

Weekly Focus

- Explore the week's focus topic through a one-hour video session

Measurable Progress

- Track progress reports to receive instant feedback and identify areas for improvement