

Positive Intelligence

An eight-week mental fitness program to reduce stress & amplify impact.

Suited to professionals, individual contributors, leaders, and HR managers interested in personal & professional development. Leaders who would benefit from tools to manage stress and enhance resilience in themselves and others.

➤ About this course:

Mental fitness, like physical fitness, is critical to thriving and reaching our full potential. The Positive Intelligence eight-week program strengthens mental fitness, cultivates laser-focused attention, and increases resilience to respond with calm confidence. Proven skills to effectively manage stress, navigate emotions and leverage your full potential.

The study of Positive Intelligence developed by Stanford lecturer and New York Times best-selling author Shirzad Chamine combines learnings from; neuroscience, positive psychology, cognitive-behavioral psychology, and the study of emotional intelligence.



➤ During this course participants will:

- Establish a mental fitness practice to manage stress and navigate emotions effectively.
- Develop the three core muscles that constitute mental fitness: sage muscles, saboteur interceptor muscles, and self-command muscles.
- Learn a proven systematic approach to develop new neural pathways to rewire years of mental habits that no longer support optimal performance.
- Practice & master the tools, techniques, and methodologies to optimize performance, effectiveness, and healthy relationship building.

➤ On completion of this course participants will gain:

- Mindfulness-based techniques to focus the mind for stress regulation, behavioral thought pattern rewiring, and performance optimization.
- Enhanced creative & innovative problem solving skills.
- Solid understanding & demonstrated use of emotional intelligence.
- Adaptive resilience skills to navigate uncertainty & increase the speed of recovery from setbacks.
- Increased capacity to respond to life's challenges with a positive rather than negative mindset.

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➤ 8 week commitment:

Designed like a mental fitness boot camp, the PQ Program gives you the structure, insight, and motivation to create sustainable change.

- **Eight weekly group - zoom sessions**
with Positive Intelligence Coach Clair Wallace
- **Seven 1-hour weekly app lead video sessions**
with Positive Intelligence founder Shirzad Chamine
- **Five daily app focus practices** (15 minutes per day)
Develops self command muscle & habit formation
- **Positive Intelligence Book**
PDF & audio file of the first eight chapters
- **Positive Intelligence app for one full year**
Maintain momentum and review video content
- **Bonus video content**
Stress & Conflict management

\$ 1 trillion

"The estimated cost of lost productivity for the global economy as a result of depression and anxiety."

WHO (May, 2019)

➤ Register now:

- ✓ **Oct 19 , 2021 - Dec 7, 2021** (Zoom live meeting 12:00 pm PST every **Tuesday**)

* PODS are between 6 to 8 people for maximum benefit and participation.

* Additional course times offered upon request

\$ 1,200 per employee

Positive Intelligence

Meet your Positive Intelligence Coach



Clair Wallace

Mindfulness-based Leadership Coach
Creative Mindset Coaching

As a certified mindfulness-based leadership coach, Clair partners with high-performing individuals and creative leadership teams to amplify their impact, achieve their full potential, and lead with purpose.

Her science-backed, process-driven approach uses collaboration to cultivate mindsets and cultures that center purpose, empowerment, and well-being.

Clair helps her clients create opportunities for long-lasting solutions and innovative, powerful outcomes. Those with a desire to maximize their potential thrive through mindful awareness and conscious communication.

Industry Experience

With over two decades of leading teams for Fortune 500 companies as a successful Creative Director and Product Designer, Clair's experience has refined her distinct ability to drive results with high-performing individuals and creative leadership teams in fast-paced and diverse environments.

Philosophy

Clair believes mindfulness is the catalyst for profound change. As a coach, Clair supports professionals through transformation in an inclusive, safe environment inspired by her passion for lifelong learning and personal growth. Her approach centers a mindfulness-based practice rooted in creativity to elevate innovative thinking and cultivate growth mindsets.

Her mission is to co-create adaptive resilience cultures and maximize human potential through mindfulness-based leadership.

% 56

"Stress causes 56 percent of workers to search for a new job, resulting in high turnover costs and productivity losses."

[Wrike](#) (Nd). Accessed September 23, 2020

Credentials

- Positive Intelligence Coach & program facilitator.
- Professional Certified Coach, International Coaching Federation (ICF).
- Professional Certified Energy Leadership Coach (CPC). The Institute for Professional Excellence in Coaching (iPEC).
- Bachelor of Fine Art, Fashion Design, The Fashion Institute of Technology.