



Positive
Intelligence®



Power your Team's Potential

Mental Fitness Workshop





Mental Fitness Workshop

About

Karen Boyd, accredited executive coach and Positive Intelligence® mental fitness coach, works with values-led leaders and their teams to create more happiness, purpose and success in work and business.

Background

Most teams work too hard, experience too much conflict, friction and stress, and vastly underachieve their potential. This is because every team member is unknowingly sabotaging both their own and their team's performance and wellbeing. You can **enable your teams to maximize both performance and wellbeing simultaneously** by focusing on the root-level mental muscles that impact both.

The Mental Fitness Workshop is based on the **Positive Intelligence® Framework** developed by Shirzad Chamine. He is the author of NYT bestseller *Positive Intelligence* and has lectured on Positive Intelligence® at Stanford University.

You will learn how to **grow the three mental muscles necessary to radically reduce stress levels, unlock performance and improve relationships.**

Your mind is your best friend, but it can also be your worst enemy - a part of our brain holds us back from success and happiness, often without us even realising.

Goals

Learn how to boost your mindset and build your mental fitness to handle life's challenges with a positive rather than a negative mindset.

You'll leave with:

- 🧠 An understanding of the unique way you self-sabotage and how to overcome it.
- 🧠 Knowledge of the 3 core mental muscles to build to get mentally fit, fast.
- 📁 Practical Mental Fitness tools you can use every day to build new habits so you can experience greater performance, well-being and relationships (with yourself, your team and loved ones!).

Workshop Testimonials

"Super informative and engaging! I was able to list great next steps to start managing my own saboteurs."

"It was fabulous - the interactive elements kept the mind focussed and thinking."

"The methodology was very interesting, clearly presented in an engaging way."

"Excellent content and very thought-provoking. I can train my brain!"