

Mental Fitness for Work

Anna Levy, Career Coach and Certified PQ Coach



Mental Fitness

How to grow the three core mental muscles to thrive at work.

2022 Shirzad Chamine and Positive Intelligence, Inc.

Mental Fitness

Definition:

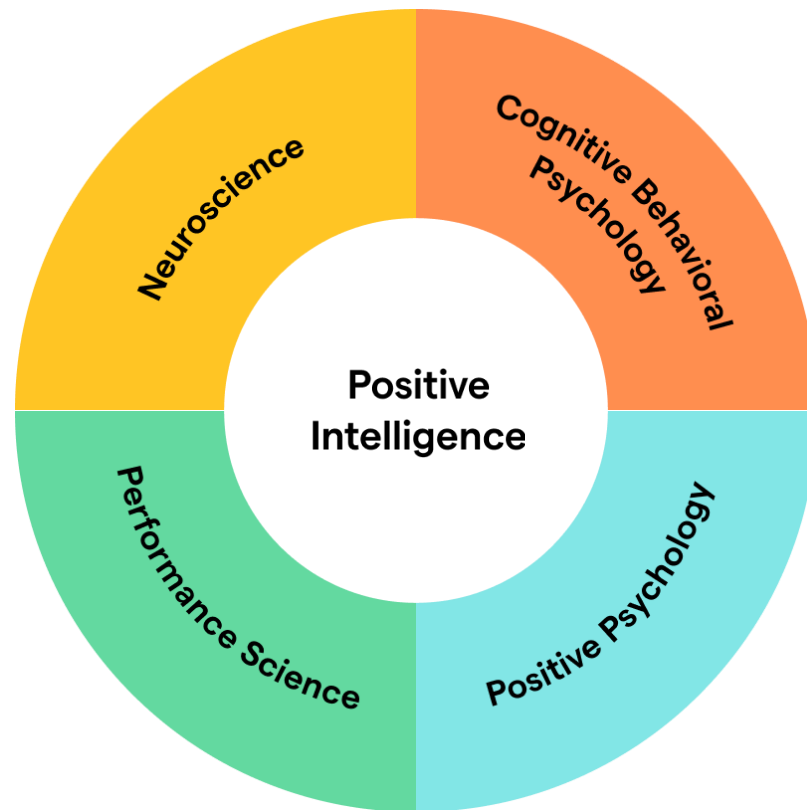
Your capacity to respond to life's challenges with positive rather than negative mindset

Impact:

- **Peak performance**
- **Peace of mind/wellness**
- **Healthy relationships**

Research Foundation

Our mental fitness program is based on breakthrough, original research by Shirzad Chamine and the synthesis of recent discoveries across neuroscience, positive psychology, cognitive behavioural psychology, and performance science.



Research includes results from:

- ✓ Hundreds of CEOs and their executive teams
- ✓ Stanford students
- ✓ World-class athletes
- ✓ 500,000 participants from 50 countries

Research summarized in the New York Times best-selling book,
Positive Intelligence, translated into 20 languages.

Power of Factor Analysis

- ✓ Discovers the **root cause**
- ✓ Results in **radical simplification**

Example

At the root of thousands of colors are only three factors:

Red, Blue, Yellow



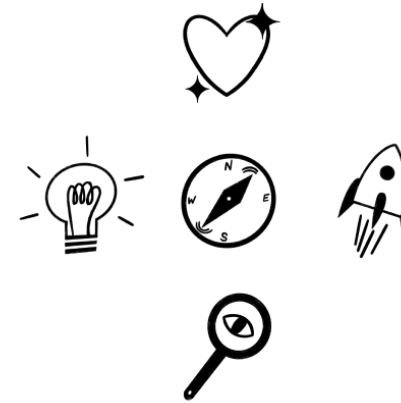
Results of Factor Analysis Research

Only 3 core muscles are at
the root of mental fitness

1. **Saboteur Interceptor**
2. **Sage**
3. **Self-Command**



10 Saboteurs












5 Sage Powers

1. Saboteur Interceptor
2. Sage
3. Self-Command

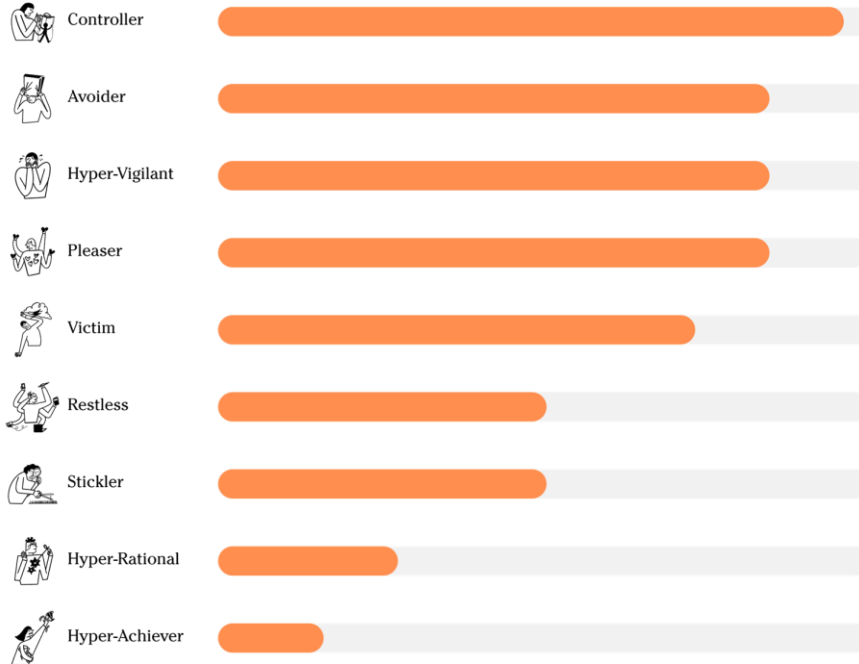
The Judge



Motivation

		Independence	Acceptance	Security
Style	Assert	 Controller	 Hyper-Achiever	 Restless
	Earn	 Stickler	 Pleaser	 Hyper-Vigilant
	Avoid	 Avoider	 Victim	 Hyper-Rational

James, here are your results



Explore saboteurs' descriptions and notice the ones that speak to you. Remember, no one fits any Saboteur description completely. Look for the general patterns.

[Explore](#)

**Are negative emotions good
for you?**

**Is pain good for
you?**



Negative Emotions

Only helpful for 1 second as alert signal.

Staying in negative emotion hurts ability to see clearly and respond with empathy, curiosity, creativity, or laser-focused action.

Negative Emotion = Saboteur

1. Saboteur Interceptor
2. Sage
3. Self-Command

1. Saboteur Interceptor
2. Sage
3. Self-Command



The Sage

- **Lives in region of brain associated with:**
 - Positive emotions
 - Peace and calm
 - Clear-headed focus
 - Creativity
 - Big picture

- **Operates from the Sage Perspective**

Sage Perspective

Every outcome or circumstance can be turned into a gift and opportunity.

QUESTION:

Which Perspective is True?

Saboteur: This is BAD

Sage: This is a GIFT

ANSWER:

**Whichever you believe
becomes true.**

1. Saboteur Interceptor
2. Sage
3. Self-Command

1. Saboteur Interceptor
2. Sage
3. **Self-Command**



10 second PQ Reps

Simplicity of the Operating System

- 1.If you're feeling negative emotions STOP.
You're in **Saboteur** mode.
- 2.Do some PQ Reps to quiet Saboteurs and activate **Sage**.
- 3.Assume the **Sage Perspective** that every problem can be converted into a gift & opportunity.
- 4.Generate the gift by using the Sage powers like empathy, curiosity, creativity, and calm, clear-headed action.

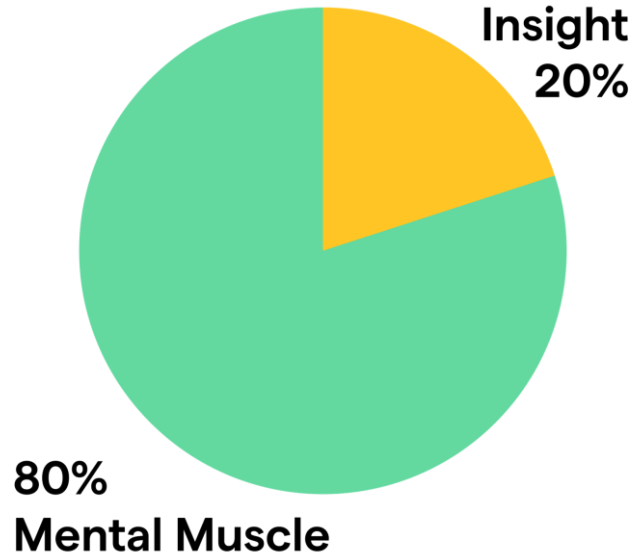
QUESTION:

Is it really possible to just shift from Saboteur to Sage response, even in tough challenges?

ANSWER:

YES, but the speed and depth of the shift depends on **mental muscle strength.**

Lasting positive change requires...



Success requires intense initial practice

**15 minutes/day
for 6-8 weeks**

Mental Fitness for Work Positive Intelligence Programme

- **6 weeks duration**
- **Watch 1-hour weekly video (on weekend or Monday)**
- **15 minutes/day of practice on the dedicated app**
- **Read 8 chapters of Positive Intelligence book (PDF provided)**
- **Weekly group pod sessions**

Mental Fitness for Work Positive Intelligence Programme

- **6 weeks duration**
- **Watch 1-hour weekly video (on weekend or Monday)**
- **15 minutes/day of practice on the dedicated app**
- **Read 8 chapters of Positive Intelligence book (PDF provided)**
- **Weekly group pod sessions**

\$995 via the Positive Intelligence site

Mental Fitness for Work

Positive Intelligence Programme

- **6 weeks duration**
- **Watch 1-hour weekly video (on weekend or Monday)**
- **15 minutes/day of practice on the dedicated app**
- **Read 8 chapters of Positive Intelligence book (PDF provided)**
- **Weekly group pod sessions**

~~\$995 via the Positive Intelligence site (programme only)~~

Special offer for Gated Talent members: £495 (including 7 x coached pod sessions)

Impact for past participants

“The content is relevant, practical and applicable. If you commit to the process, you will definitely start to see changes in the way you deal with difficult situations in life and at work.”

“Learning to manage the judge (and of his existence) is one of the most important things I've ever learned.”

“I've grown in self compassion and empathy and I'm able to catch the negative emotions more quickly before I get swept away or start ruminating.”

“I went from suffering weekly panic attacks to having almost none.”

“I am more able to take control of my moods and the thoughts that would previously upset me.”

“It has been life-changing!”

Logistics

- Go to PositiveIntelligence.com/assessment
 - Email me your results:
contact@annalevycoaching.com
 - Grab 45 minutes in my calendar for a free intro coaching session on your top saboteur + consultation on the programme:
<https://calendly.com/annalevy/45min-mental-fitness-consultation>
- Deadline to register for the course: **16th Oct**
- First weekly video available: **Sat 5th Nov**
- Participate with at least one other accountability partner (“Pod” sizes of 2-5)

Questions

Thank you