



Positive Intelligence

Imagine learning a system to manage stress and anxiety, improve your work-related decisions and performance, and experience greater happiness in your life. This 8 week course will give you the tools to reshape your mental fitness and will lead to improved performance and overall life satisfaction.

Ronna Schneberger, a mental fitness coach with Positive Intelligence, will teach you the Positive Intelligence Program (PQ for short) and other proven stress-reducing tools. Based on the program designed by Shirzad Chamine and his book *Positive Intelligence*, a New York Times bestseller, translated into 20 languages, you will learn to recognize your Saboteurs (negative influences) and then activate your Sages (positive influences).

PQ is a synthesis of recent breakthroughs in neuroscience, cognitive and positive psychology, and performance science.

80% of people score below the minimum level of mental fitness required for peak performance and happiness. With the tools shared during this course, you will dramatically improve your performance and productivity and achieve a calm, clear and happier mind.

The PQ system is used by Fortune 500 companies around the world and is based on research that included hundreds of CEOs; sales, operations, and technology teams; Stanford students; elite athletes and 400,000 participants from 50 countries.

Introduce Positive Intelligence to your group with a 1hr talk or a half day workshop. Email us for a quote.



Ronna Schneberger is a professional CPCC and a coach with Positive Intelligence. She was introduced to the PQ system during pandemic and found it made an enormous difference in her mental health. Ronna was faculty with Leadership Development at the Banff Centre where she worked with leaders, professionals and executives from all over the world using nature as the teacher to create powerful reflections and transformation. Her unique approach uses proven techniques to help people reset their mind and nervous system so they can navigate challenging times with calm and clarity.

