

Positive Intelligence 6 Week Mental Fitness Program

"This has been the most impactful training I ever experienced. You develop powerful mental muscles to deal with challenges with much less stress and greater clarity, creativity, and resilience. Every sales professional would benefit greatly from this."

- Adam McGraw, Sales VP & GM, American Express

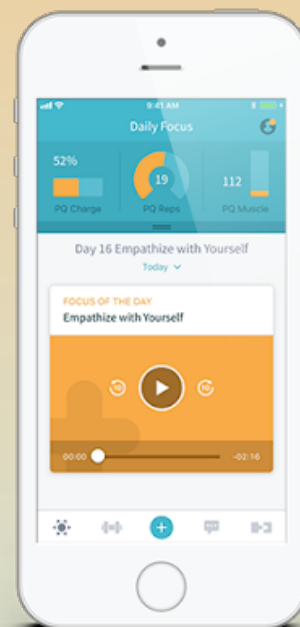
When you are physically fit, you can climb steep hills without physical stress.

When you are mentally fit, you can handle challenges without mental stress or other negative emotions.

You can be happier and perform better.

The Positive Intelligence program is a straightforward, science-based program created by Stanford lecturer and former CTI CEO Shirzad Chamine.

The program builds your Mental Fitness muscles so you can quickly switch from the negative voices in your head to positive, more helpful ones. This is accomplished by engaging in a weekly 60-minute video lecture, a weekly group pod call to deepen your learning, and short-burst daily "gym" sessions delivered through an interactive app.



PROGRAM SCHEDULE

Weekly	Weekly	Daily	Daily	Daily
Watch 60-minute video lecture	Attend 60-minute pod call	Listen to 2-minute Daily Focus in AM	Complete three Coach Challenges and one reflection throughout the day (2 minutes each)	Engage with Pod via chat program by posting thoughts, questions, or encouragement

PROGRAM COST: \$500

Includes 12 hours of video content, group learning, and daily content delivery and interactive engagement.