

## Develop Empowered, Resilient People

### Keynote

DERP-KN-14 – Positive Intelligence (PQ)

### Duration

1 hour.

### Who Should Attend?

General.

### Keynote Aim

In today's fast-paced and challenging environment, our mental fitness plays a crucial role in achieving peak performance and happiness. Positive Intelligence (PQ) provides a framework for improving our mental fitness by minimising negative self-talk and maximising our positive mindset. By understanding and managing our internal saboteurs and activating our inner sage, we can navigate life's challenges with resilience, creativity, and clarity. This dynamic, interactive, and inspiring webinar will empower participants with the mindset, tools, and techniques to strengthen their mental fitness and cultivate a more positive and effective approach to life's challenges.

### Benefits of Attending

You will leave feeling empowered with a deeper understanding of your mental saboteurs and practical techniques to shift towards a more positive mindset. You will gain confidence from insights and tools on how to strengthen your mental fitness, reduce stress, and enhance your overall well-being and performance.

### What It Covers

Topics that will be covered include:

- Introduction to Positive Intelligence (PQ).
- Understanding Saboteurs and their impact.
- Activating the Sage within you.
- Practicing PQ Reps for mental fitness.
- Q&A and next steps.