

EMBARK ON YOUR MENTAL FITNESS JOURNEY



FROM SELF-SABOTAGE TO SELF-MASTERY

Your mind is your best friend and your worst enemy. When we face daily challenges our mindset is critical to our success, happiness and wellbeing, both in the workplace, at home and in life.

PQ – POSITIVE INTELLIGENCE QUOTIENT

PQ stands for **positive intelligence quotient**. Your PQ is your positive intelligence score, expressed as a percentage, ranging from 0 to 100. In fact, your PQ is the percentage of time your mind is acting as your friend, rather than as your enemy. In other words, it is the percentage of time your mind is serving you versus sabotaging you.

For example, a PQ of 75 means that your mind is serving you about 75% of the time and is sabotaging you about 25% of the time. We don't count the periods of time when your mind is in neutral territory. A PQ score of 75 is a critical tipping point according to the research of thousands of individuals over many countries.

Research shows the impact of PQ:

- Higher PQ CEOs are more likely to lead happy teams who report their work climate to be conducive to high-performance.
- An analysis of more than 200 different scientific studies, which collectively tested more than 275,000 people concluded that higher PQ leads to high salary and greater success in the areas of work, marriage, health, sociability, friendship, and creativity:
- Salespeople with higher PQ sell 37% more than their lower PQ counterparts,
- Negotiators with higher PQ are more likely to gain concessions, close, deals, and forge important future business relationships as part of the contracts they negotiate.
- Higher PQ workers take fewer sick days and are less likely to become burned out or quit.
- Project teams with higher PQ managers, perform 31% better on average when other factors are held equal.



DR RON EHRlich

BDS, FACNEM, FASLM, CIECL

Mental Fitness Trainer & Coach



- Managers with higher, PQ are more accurate and careful in making decisions, and they reduce the effort needed to get their work done.
- A comparison of 60 teams showed to the teams where PQ was the greatest predictor of its achievements.
- higher PQ results enhanced immune system functioning, lower levels of stress, related hormones, lower blood, pressure, less pain, fewer colds, better sleep, and a small likelihood of having hypertension, diabetes, or stroke.
- Doctors, who have shifted to a higher PQ make accurate diagnoses, 19% faster.
- Students who have shifted to a higher PQ perform significantly better on maths tests.
- Catholic nuns whose personal journeys in their early 20s showed High a PQ live nearly 10 years longer than the other nuns in the group.

THE SAGE POWERS THAT GUIDE OUR PQ



EXPLORE

With great curiosity and open mind



EMPATHISE

With yourself and others and bring compassion and understanding to any situation.



INNOVATE

Create new perspectives and out of the box solutions



NAVIGATE

Choose a path, that best aligns with your deeper underlying values and Mission.



ACTIVATE

Take decisive action, without the distress, interference, or distractions of the saboteurs



DR RON EHRlich

BDS, FACNEM, FASLM, CIECL

Mental Fitness Trainer & Coach



IMPROVING PQ

Like any 'fitness' work this requires regular 'exercise'.

To simplify the process there are just three steps...

1. Identify & weaken Saboteurs.
2. Strengthen Your Sage
3. Strengthen Your PQ Brain Muscle

LET'S GET STARTED

1. Let's start with your PQ - *its best to do this 3 times over the next 7-10 days*

[PQ Assessment - Click Here](#)

2. What might be sabotaging your success, happiness and wellbeing?

Research shows that THE JUDGE (of ourselves, other and circumstances) is everyone's Master Saboteur, but there are 9 other Accomplice Saboteurs that are unique to you.

[Find out your accomplice saboteurs - Click Here](#)

3. Build powerful PQ strength and habits.

[Build Powerful Habits with PQ Training - Click Here](#)

IMPORTANT NOTE:

This 6-week program is included in my coaching program
at no additional cost to you.



DR RON EHRlich

BDS, FACNEM, FASLM, CIECL

Mental Fitness Trainer & Coach



RESULTS AFTER THE 6-WEEK PQ TRAINING PROGRAM



Boost Performance

- 90% use mental & emotional energy more effectively.
- 76% improve the ability to develop others.
- 92% better at teamwork and collaboration



Improve Wellbeing

- 85% increase happiness.
- 91% manage stress better.
- 83% improve self-confidence.



Strengthen Relationships

- 82% improve relationships.
- 84% better at conflict management.
- 97% improve empathy.

Research

Based on survey results from a cohort of >2000 Positive Intelligence Program participants **after six weeks of mental fitness training**

IMPORTANT NOTE:

This 6-week program is included in my coaching program
at no additional cost to you.



DR RON EHRlich

BDS, FACNEM, FASLM, CIECL

Mental Fitness Trainer & Coach

