



SASWELLNESS

S U M M I T

POSITIVE INTELLIGENCE WITH SHIRZAD CHAMINE

STANFORD UNIVERSITY LECTURER & NYT BEST SELLER AUTHOR

23 OCTOBER 2021 AT 10:00AM SGT



LEARN HOW TO OVERCOME LIFE'S CHALLENGES WITH A POSITIVE MINDSET

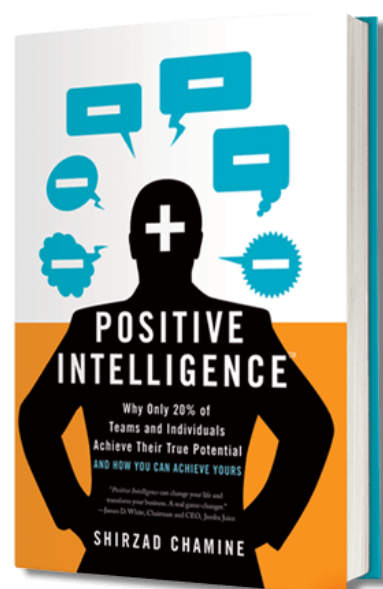
The single greatest predictor of how happy you can be and how much of your potential you can achieve is not your IQ or EQ. It is your PQ, your Positive Intelligence Quotient.

Most people perform and achieve a small fraction of their true potential. Based on coaching hundreds of CEOs, their executive teams, and research with 150,000 individuals, Stanford lecturer Shirzad Chamine reveals self-sabotage to be the key factor undermining performance. His research has identified 10 "Saboteurs" to be the key culprits: the Judge, Controller, Stickler, Pleaser, Victim, Avoider, Restless, Hyper-Vigilant, Hyper-Achiever, and Hyper-Rational.

Discover which Saboteurs present the greatest internal obstacles to your well-being and optimal achievement and learn simple science-based tools to remove these obstacles. Shirzad's keynote is often described as life-changing...

Keynote includes:

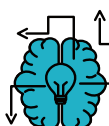
- What is Positive Intelligence?
- How to detect when a Saboteur has hijacked your brain
- How to intercept and redirect your Saboteur thought and actions
- 10-second exercises to activate the region of your brain where your greatest wisdom and powers live
- The Neuroscience, Positive Psychology, and Performance Science underpinning this research.
- Q&A session



What are the benefits?



respond to challenges
with a positive mindset



a calm, clear &
Happier mind



higher
awareness
of your
emotions



improved
Performance &
Productivity



improved
relationships



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