PROFESSIONAL DEVELOPMENT TRAINING

09 884 0762

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1.0 DAY COURSE

Positive Intelligence for Leaders

Definition:

Positive Intelligence (PQ) is a concept developed by Shirzad Chamine that measures how effectively one can manage their mental and emotional responses. It involves understanding and overcoming internal Saboteurs (negative thought patterns) and harnessing the power of the Sage (positive, solution-oriented mindset) to enhance overall effectiveness and well-being. In a leadership context, Positive Intelligence helps leaders manage stress, improve decision-making, and foster a positive team environment.

Aim of the Training:

The aim of the Positive Intelligence for Leaders training is to equip leaders with the tools and insights needed to enhance their emotional intelligence and resilience. By understanding and applying Positive Intelligence principles, leaders can better manage their internal mental challenges, harness their strengths, and create a more positive and productive work environment. The training focuses on integrating these concepts into practical leadership scenarios to improve decision-making, team dynamics, and personal well-being.

What You'll Gain:

Attending Positive Intelligence for Leaders Training Course will help leaders be better prepared to lead with greater emotional intelligence, navigate challenges effectively, and inspire a positive and collaborative team atmosphere.

Outcomes

Course participants learn about:

- Tools and insights to enhance emotional intelligence and resilience
- Managing internal mental challenges
- Harnessing strengths
- Creating positive and productive work environments
- Improving decision-making, team dynamics and personal well-being

Modules

Lesson 1: Understand Positive Intelligence

- Define Positive Intelligence and Explain its Relevance to Leadership
- Differentiate Between Saboteurs (negative mindsets) and the Sage (positive mindset)

Lesson 2: Identify and Manage Saboteurs

- Recognise Common Saboteurs that Impact Leadership Effectiveness
- Develop Strategies to Mitigate the Influence of Saboteurs on Decision-Making and Interpersonal Interactions

Lesson 3: Leverage Sage Powers

- Explore the Key Sage Powers: Empathy, Innovation, Navigate, Perspective and Harness
- Apply Sage Powers to Real-Life Leadereship Challenges to Enhance Problem-Solving and Resilience

Lesson 4: Implement Practical PQ Strategies

- Learn and Practice PQ tools such as PQ reps, Mindfulness Exercises and Positive Visualisation
- Create a Personalised Action Plan to Integrate PQ Techniques into Daily Leadership Practices

Lesson 5: Foster a Postive Leadership Environment

- Apply Positive Intelligence Principles to Build and Sustain a Positive and Resilient Team Performance and Well-Being

Talk to our expert team

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