



Positive
Intelligence

blend

Associates Ltd

Mental Fitness Programme

www.ltdblend.com





coaching
development
potential



Build Powerful Habits for a Positive Mind

Most attempts at positive change fail because we stop at insight and don't build habits. Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. And that's what our program design empowers you to do.



How does it work?

Daily Practice

15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customised based on how you self-sabotage.

Weekly Focus

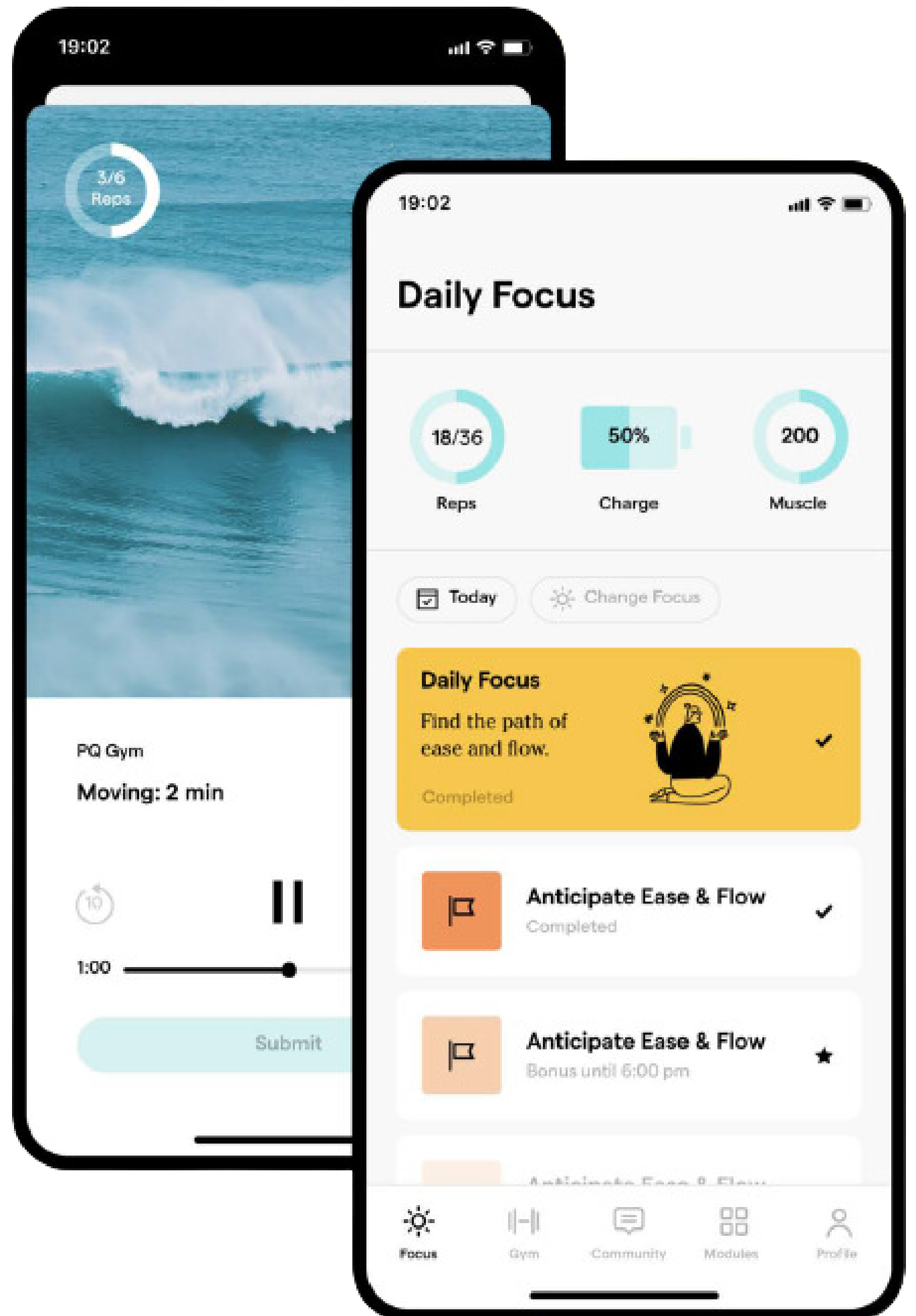
Weekly hour-long video delivers deep experiential exploration of the week's focus. You'll feel inspired and energised to practice during the week in order to sustain the benefits experienced during the video sessions.

Measurable Progress

You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

Community Support

We help you establish a support and accountability group with other program participants. Research has shown this to be a critical success factor for establishing lasting new positive habits of the mind.



6-Week Foundation

You get to build a foundation of mental fitness by strengthening three critical mental muscles to shift the balance of power from your inner Saboteurs (your negative self) to your inner Sage (your positive self).

Week 1

Self-Command Muscle

Through a breakthrough process called PQ Reps, you get to boost your Self-Command muscle. Each PQ Rep only takes 10 seconds and can be done with eyes open or closed. With each PQ Rep, you develop greater mastery over your own mind, quiet the negative, and activate the positive region of your brain.

Week 2-3

Saboteur Interceptor Muscle

You get to intercept your top Saboteurs the moment they try to hijack your thoughts, feelings, and actions. In preparation for this practice, you get to expose the lies, limiting beliefs and damage of your Saboteurs, so they can no longer fool you into thinking they are helpful to you.

Week 4-6

Sage Muscle

You get to practice the Sage Perspective that every problem or challenge can be converted into a gift and opportunity. And you get to generate the gift through the 5 Sage Powers of Empathise, Explore, Innovate, Navigate, and Activate.



Lifelong Applications

Positive Intelligence is an operating system with many applications. In the first six weeks you develop your 3 core mental muscles. In subsequent weeks, modules in the app then enable you to use those muscles for a variety of work and life applications. You continue to grow.

Personal



Stress

Discover how your stress is entirely generated by your specific Saboteurs. Learn personalised strategies to shift from Saboteur to Sage response to minimise stress.



Wellness

Discover the neuroscience of your mind/body connection. Improve your sleep, diet, and exercise led by Sage strategies and protected from Saboteur interference.



Relationships

Discover the 3/1 positive to negative ratio required in healthy relationships. Learn the powerful technique of Relationship Design to build and maintain healthy relationships.



Parenting

Intercept common Saboteur-led parenting traps. Learn parenting strategies aimed at boosting your kids' foundational mental fitness, Self-Command, and Sage strength.



Career Planning

Access your Sage wisdom guiding your career to maximize both achievement and fulfillment. Guard against Saboteur-led traps leading to achievement without fulfillment.



What Makes Our Programme Different



Focus on Habit Formation

Most trainings result in short-lived improvements. For sustained results, we focus on building neural pathways that form lasting new habits. That's why we call this "mental fitness".



Develop all 3 Core Muscles

Mental fitness requires 3 core muscles. Saboteur Interceptor, Self-Command, and Sage. Meditation only focuses on Self-Command, which is why it is not sustained by most.



Treat Root Cause, not Symptoms

Our factor analysis research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. We rewire the brain at the root cause level.

One Operating System, Many Applications

Through factor analysis, we've discovered the core operating system of the mind that can run a massive variety of work and life applications. One simple operating system, many applications.

A Platform for Ongoing Growth

Similar to physical fitness, mental fitness is not a short-term training. After the initial six-weeks foundation, our app ensures continued growth through a variety of work and life applications.

Research-Based, Measurable Results

Our research has included more than a million participants from around the globe. Our tools have been field-tested with thousands of tough-minded participants, ensuring their efficacy.



Positive Intelligent leads and accredited coaches

Mags Welten



Mags coaches professionals who have reached a plateau in their career, define the outcomes they want, and achieve what matters most to them. She gets to the core of what might be holding them back and what they need to do to move forward. She knows that developing proactive mental fitness routines ignites well-being, performance and growth and unlocks potential. Originally from Scotland, Mags now lives in The Netherlands. With a MSc (distinction) in Career Coaching, ICF accredited membership and a certificate in Positive Intelligence, she collaborates with international organisations, providing career and executive coaching.

Hilary Lees



Hilary is an experienced Executive and Career Coach, Trainer and Facilitator, and a former Occupational Therapist with 20 years' clinical experience in NHS mental health services, who supports senior leaders to build their resilience and leadership capacity so they can confidently deal with the complex challenges they face. She combines her mental health expertise with her leadership coaching, helping clients in the National Health Service, SMEs and private sector organisations to overcome stress and burnout and bring out their natural creativity and resourcefulness, reinvigorating them to effect positive change to their teams and improve the service they provide, especially during particularly vulnerable times. Hilary blends powerful, challenging coaching with her warm, engaging style and her clients say she brings both energy and intellect to her work, find her grounded and easy to talk to, and have described her as calm, compassionate, positive and perceptive.

Jill Savage



Jill is a professional and mental fitness coach who has both passion and purpose for well-being; enabling you to manage your mind to achieve optimal performance at work and at home. She helps leaders to achieve a balanced mind through managing thoughts, regulating emotions and cultivating more purposeful behaviours even through stressful times. These are all valuable skills for developing emotional, mental, and physical well-being for enhancing leadership performance, emotional intelligence, and productivity



Contact us

Imagine yourself able to remain calm, clear headed, stress-free, and positive even in the midst of handling work and life's greatest challenges. What becomes possible for you, in achievement, in peace of mind and wellness, and in your relationships?

Blend offers this program to individuals or small group of participants.

Interested in making a commitment now to boost your mental fitness?

Contact us for details on how Blend Coaches can help you get started.



office@ltdblend.com



+44 (0) 7483 398195



www.ltdblend.com



blend

Associates Ltd

