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POSITIVE INTELLIGENCE

Your mind is your best friend. But it
can also be your worst enemy.

Presentated by Camelia Lazar



INTRODUCTION

Every day, your mind can sabotage your performance, well-being and your relationships. Your self-sabotage is caused by the “**Saboteurs**” in your mind.

They are a set of **automatic and habitual mind patterns**, each with its own voice, beliefs, and assumptions that work against your best interest.



WHAT IS POSITIVE INTELLIGENCE?



Positive Intelligence is an indicator of how much mastery you have developed over your own mind.

Without a solid foundation of Positive Intelligence, many of your attempts at improving either your performance or happiness fizzle due to self-sabotage.

WHERE DO SABOTEURS COME FROM?

Saboteurs are a universal phenomenon. The question is not whether you have them, but which ones you have, and how strong they are. They start off as our guardians to help us survive the real and imagined threats to our physical and emotional survival as children.

By the time we are adults, these Saboteurs are no longer needed, but they have become invisible inhabitants of our mind. They form the lens through which we see and react to the world, without knowing we are wearing any lens.



DISCOVER YOUR SABOTEURS

Your Saboteurs cause all of your stress, anxiety, self-doubt, frustration, restlessness, and unhappiness. They sabotage your career, job search, performance, wellbeing, and relationships.

The Saboteur Assessment is your first step to conquering your Saboteurs — identifying them to expose their lies and limiting beliefs.





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MEET THE JUDGE, YOUR MASTER SABOTEUR

The Judge is a universal Saboteur that afflicts everyone. It is the one that beats you up repeatedly over mistakes or shortcomings, warns you obsessively about future risks, wakes you up in the middle of the night worrying, gets you fixated on what is wrong with others or your life, etc.

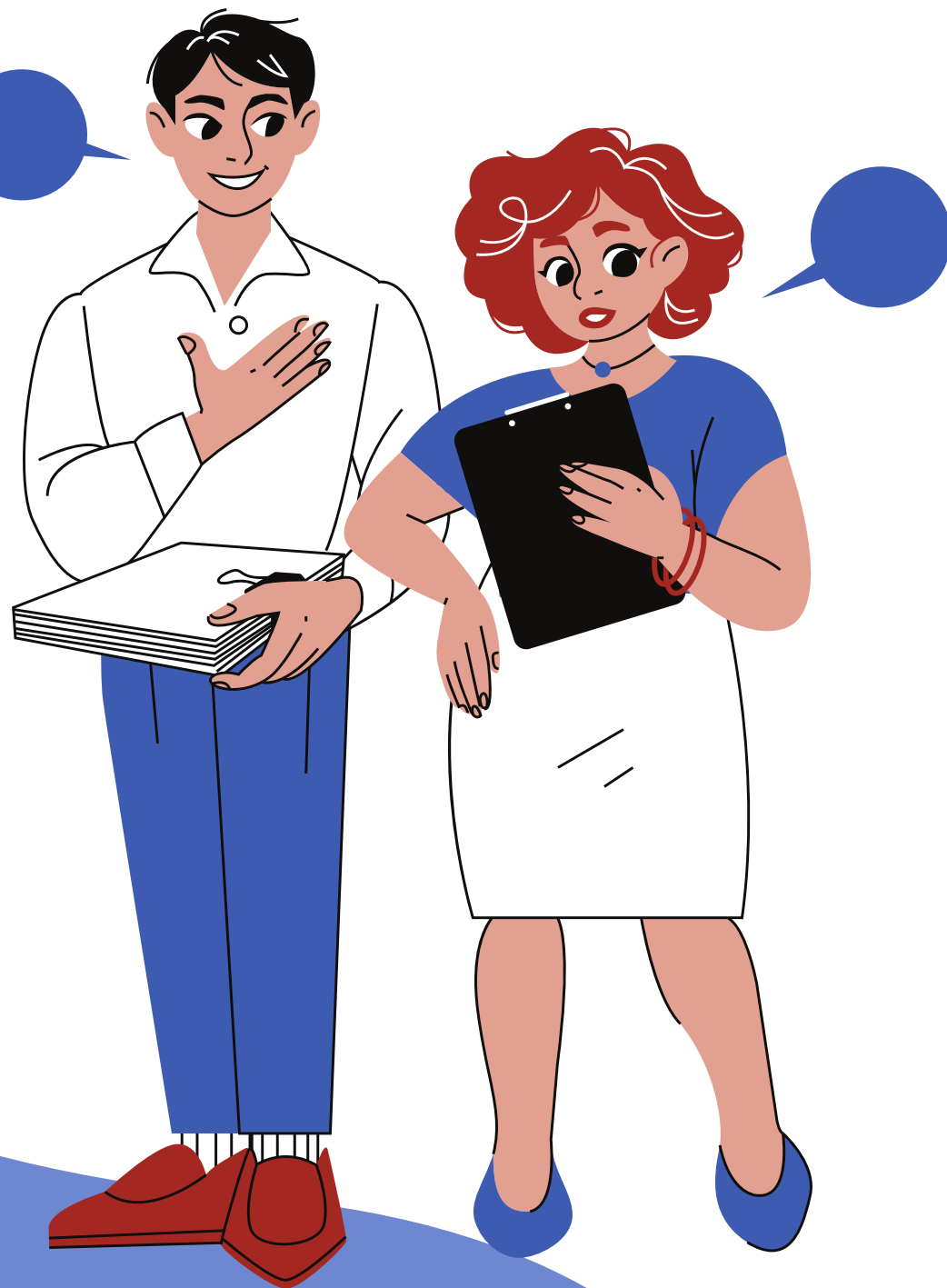
Your Judge activates your other Saboteurs, causes much of your stress and unhappiness, reduces your effectiveness at work, and harms your relationships.



BUT AREN'T THEY GOOD FOR ME?

Your Saboteurs claim they are good for you. For example, your Judge tells you that constantly badgering you over your mistakes and shortcomings causes you to improve and achieve. If you put your hand on a hot stove, it is good to feel pain so you take corrective action. But negative emotions, like pain, are only helpful for a quick second to alert you.

If you stay stressed, frustrated, or unhappy, you will be tunnel-visioned and not capable of finding the best solution to problems, which your positive brain can do. If you're in negative emotion for more than one second, your Saboteurs are holding your hand on the hot stove and complaining that life is hard.



JUDGE

The Judge accomplishes its staggering destructive sabotage by having us feel negative and unhappy through faultfinding with **(1) ourselves, (2) others, and (3) our circumstances.**

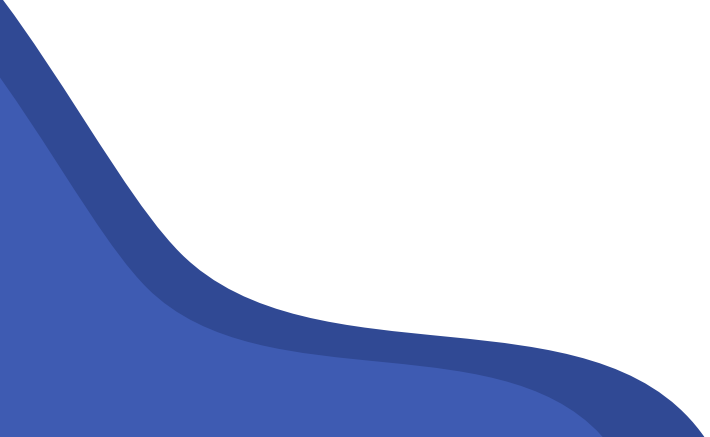


HOW CAN I FIGHT AGAINST THE JUDGE?



Mental fitness is your capacity to respond to life's challenges with a positive rather than a negative mindset.

Just as physical fitness determines how physically resilient you are, mental fitness determines how mentally resilient you are when facing stress, setbacks, or uncertainty.



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MEASURE YOUR MENTAL FITNESS

If you're physically fit, you can climb steep hills without physical stress. Similarly, if you're mentally fit, you can handle life's great challenges without mental stress, frustration, or other negative emotions.

Mental fitness is the ability to quiet your Saboteurs and tap into your Sage Powers.

Positive Intelligence Quotient (PQ) reveals your mental fitness level by measuring the strength of your positive mental muscles versus the negative.

THE SAGE

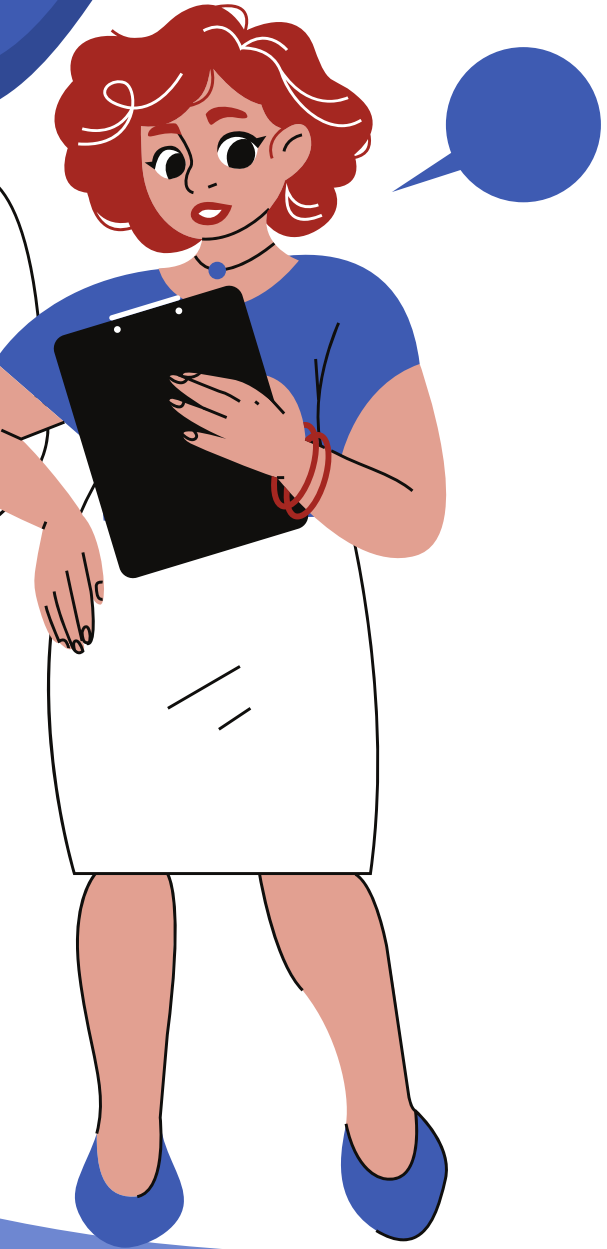
Success is not just about skillsets. Whether you're looking for a new job, you're a seasoned leader or navigating a career change, you must recognise that your Saboteurs (negative thought patterns) get in the way. Then you must learn to use your Sage powers (your positive self) to become more impactful.

The five Sage Powers are **Empathize, Explore, Innovate, Navigate, and Activate**. They help you handle life's challenges with a more positive mindset.



BUILDING NEW NEURAL PATHWAYS

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1. Catch your Saboteurs

If you're in negative emotion for more than a second, you're in Saboteur mode. **Label your thoughts/emotions in that moment as Saboteur and let them go.**

2. Energize your Sage

Use **10-second PQ® Reps**, and learn to run your brain, rather than allow your Saboteur-hijacked brain to run you.

3. Use your Sage Powers

Your Sage is the one in you that handles challenges with a clear mind. Your Sage accesses five positive powers: **Empathize, Explore, Innovate, Navigate, and Activate.**

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THANK YOU

Reach out for any questions.



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