



## Six Weeks to a Positive Mind

An empowering, habit-changing group program  
for purpose-driven humans, facilitated by Coach Natalie.

Two sessions: Mondays 2-3pm ET, starting Nov 14 OR Fridays 2-3pm ET, starting Nov 18

This research-backed, mental-fitness program raises your *Positive Intelligence*<sup>\*</sup> (PQ) to help you:

- Strengthen the part of your brain which serves you, quiet the part which sabotages you \*
- Experience immediate and sustained improvements in your wellbeing, performance, relationships
- Build new neural pathways to form lasting new habits - together we practice *mental fitness*
- Discover what's been holding you back - the saboteurs in your head which generate stress and negative emotions, sabotaging your potential for greater happiness and performance
- Commit to an accountability plan with the group to help you honour what you want most
- Create a personalized daily practice leading to powerful new habits for a positive mind

This six-week journey includes

- Live group video session Mondays at 2pm where Natalie facilitates open-hearted sharing based on the weekly focus to help deepen participants' learning and forward their action. Every session is recorded and made available to participants within 8 hrs.
- Access to personalized PQ App for your six weeks with 15 minutes/day of app-guided practice to help establish mental muscles (neural pathways). These exercises are bite-sized to fit into your busy schedule and customized based on how you self-sabotage.
- One 60-minute 1:1 coaching call with Natalie to clarify your program intention/objective
- Weekly hour-long video (optional) delivers deep experiential exploration of the week's focus. You'll feel inspired and energized to practice during the week in order to sustain the benefits experienced during the video sessions.
- App motivates you with instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness.
- Private access in App to our own PQ Pod to establish support and accountability with the others. Research has shown this to be a critical success factor for establishing lasting new positive habits of the mind.

This program is limited to five participants per POD

Questions? Email [natalie@natalieruskin.com](mailto:natalie@natalieruskin.com)

\*Please see [www.positiveintelligence.com](http://www.positiveintelligence.com) to learn more about this science-driven approach