

What is Mental Fitness?

Your capacity to respond to life's challenges with a positive rather than negative mindset.

What is its Impact?

- Peak performance
- Peace of mind
- Healthy relationships

What are areas of application?

- Leadership development, teams
- Relationships of all kinds, parenting



Research Foundation



The Positive Intelligence[®] (PQ) Program

- 6 weeks duration
- Watch a 1-hour weekly video (by Shirzad Chamine)
- Exclusive use of Mental Fitness Mobile App
- 15 minutes/day of practice on the app
- 8 chapters of *Positive Intelligence* book (PDF & Audio)
- Weekly POD Calls with other participants
- Personal support by Alexandra (weekly Q&A)
- Special access to 1:1 coaching packages (see next page)

Valued at USD 995 – **for your special offer contact me at contact@ledererponzer.com**
(PQ + Coaching packages available at a special packaged pricing!)



What is in it for you?

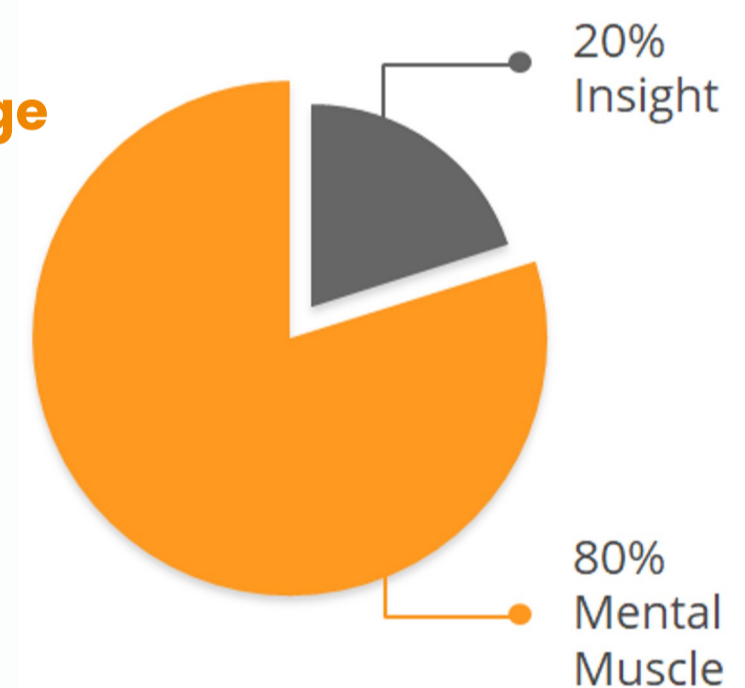
If you are physically fit, you can climb steep hills without physical stress.

If you are mentally fit, you can handle life's great challenges without mental stress or other negative emotions.

Tackle your inner saboteurs and self-doubt!



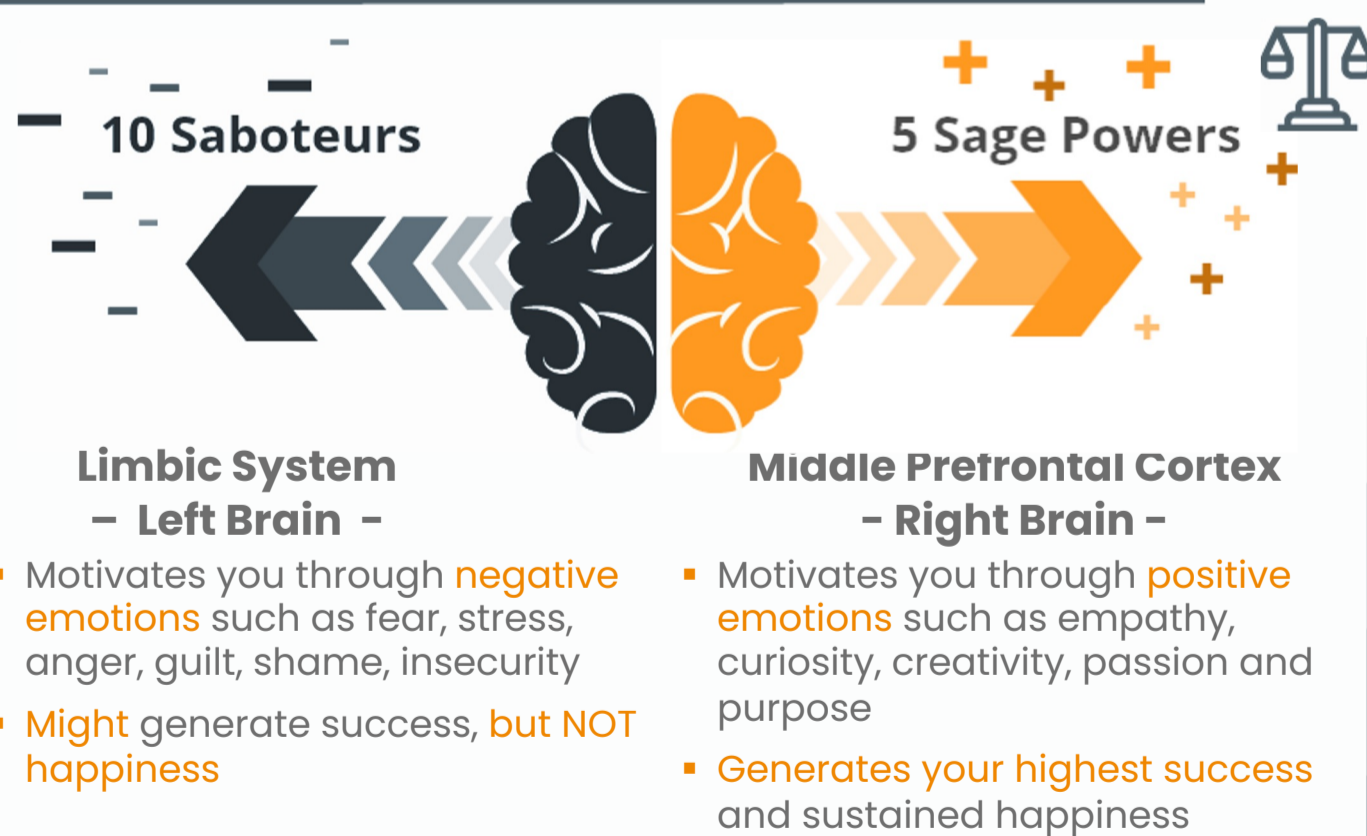
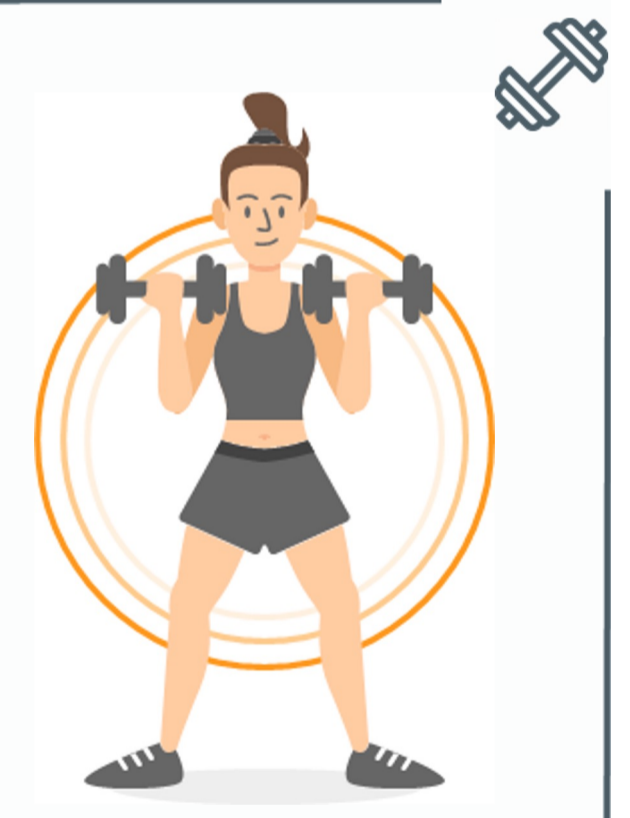
Lasting, positive change requires:



Success requires intense initial practice

- 15 minutes PQ reps* per day
- 6 weeks full commitment

* PQ Reps are powerful and simple 10-second techniques for quieting your Survivor Brain and activating your PQ Brain regions in the middle of handling challenges.



Enrollments for this special offer are open on a weekly basis. Programs start weekly every Saturday – minimum five seats a week. To enroll, send me an email at contact@ledererponzer.com or go to my [website](http://www.ledererponzer.com).

Coaching & Positive Intelligence® (PQ)

- Coaching packages 2022 –

(April 2022)

<input type="checkbox"/>	BASIC	PQ only	<i>contact me for a special offer</i>
<input type="checkbox"/>	EXPERIENCE	PQ + 1*	EUR 998
<input type="checkbox"/>	GROW	PQ + 6*	EUR 2.090
<input type="checkbox"/>	EXCEL	PQ + 12*	EUR 3.280

**1, 6 or 12 coaching sessions (60min each) combined with 6-weeks PQ Program; first Get2Know Empowerment Coaching Session is for free; 12 sessions are a 3-months intensive empowerment coaching program to allow for the targeted transformation.*

All prices in EUR include VAT.

The 6-weeks Mental Fitness Program includes

- 6 weeks of 1 hour video sessions each (by Shirzad Chamine)
- 15 min daily practice supported by an app (daily focuses)
- 8 chapters of the book 'Positive Intelligence®', by Shirzad Chamine (as audio or pdf file)
- unlimited access to the mental fitness gym
- a community environment accessible via the PQ app
- a weekly pod call meeting hosted and led by Alexandra
- availability of the app and all modules from the 6-weeks program for one year, to deepen your learning and practice.

To enroll, just send an email to contact@ledererpunzer.com
or contact me via my website www.ledererpunzer.com

I am very much looking forward to working together with you on your
Coaching & Mental Fitness Journey!