



Re-engineer your Mind Fearlessly with Positive Intelligence to Navigate Change with Ease

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Moving to another country can be both exciting and overwhelming. You are looking forward to this amazing career opportunity. After all you worked hard to finally land an international assignment in the US. Your company even supports you with logistics, language, and cultural training. Great! Your family may or may not be on board, but you will make it work. Just a couple years abroad and after that you can already imagine the endless career opportunities and promotions. And yet, you feel highly stressed and overwhelmed.

Transitions and change of any kind are prime time for emotions to run high, even if you thought you have yours well under control. The last few years in a global pandemic spared no one.

Your brain's primary role is to ensure your survival. Hence, it interprets anything different and foreign as a threat and amplifies it 3-5 times. This evolutionary role of the brain ensures the continuation of your family. Even, when you consciously put yourself into a new environment, like a new country, these survival functions get turned on high alert. You are not with your familiar tribe anymore.

This is where training for Positive Intelligence (PQ) is your key to your integration.

In his New York bestseller "Positive Intelligence" - Why only 20% of teams and individuals achieve their true potential and how you can achieve yours - Shirzad Chamine explains: "Your mind is your best friend, but it is also your worst enemy. Positive Intelligence measures the relative strength of these two modes of your mind. High Positive Intelligence means your mind acts as your friend far more than as your enemy. Low Positive Intelligence is the reverse. Positive Intelligence is therefore an indication of the control you have over your own mind and how well your mind acts in your best interest."

As you begin to immerse yourself in your adopted home country this is the perfect time to train your brain to serve you rather than sabotage you.

Positive Intelligence's research foundations are in Neuroscience, Positive Psychology, Behavioral Cognitive Psychology and Performance Science. Its factor analysis ensures that the focus is on the root level of the issue rather than the symptom level. The result is radical simplification of

the PQ Operating System: the 3 core mental muscles: the Self Command Muscle, the Saboteur Interceptor Muscle, and the Sage Muscle. Positive Intelligence and its PQ operating system have many personal and professional applications. It's been proven to be highly effective for topics like Stress, Relationships, Career Planning, Parenting, Conflict Management, Leadership and Performance.

The Positive Intelligence approach has been tested and proven to be successful for

- Hundreds of CEOs and their executive teams
- Stanford students
- World-class athletes
- 500,000 participants from 50 countries
- Many families and kids 15 and above

Don't let the wrong side of your brain run the show for you during this pivotal moment in your life. Learn how to command your brain like a Jedi Master. At RMF we offer a 6-week Mental Fitness Academy. This is your Jedi Trainer in a box.

Enroll today by scheduling a call with Tatjana Braune.