



PQ COACH MEMBER GUIDE

A helpful guide for a smooth start

The way of the Sage is Ease and Flow...



Hurrah!
WELCOME
PQ COACH

Congrats on this momentous milestone! You have made tremendous progress along your mental fitness journey, and we are so proud of you. We are excited for you, too.

What you do best is deeply understand your clients' needs and desires and generate relationships of safety, trust, and accountability. Wow! We can't wait to support you with what we do best - training, technology and research that enables mental muscle-building and converts insights into lasting new habits.

Together, we will 10X your impact on each client.

Together, we will 10X your number of clients.

Together, we will bring mental fitness to the world

In Sage,

Your Success Team

Your Onboarding Plan

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About Us

Positive Intelligence is THE mental fitness company. Our driving force and key source of differentiation is our PQ Operating System, which we are embedding in society with our teaching. Our vision is to create a world where mental fitness becomes as widely spread and commonly practiced as physical fitness.

Our Mission



Enable every human to build mental fitness so that they can fulfill their true potential for happiness, performance and contribution.

1 Empathize: we are always loving and compassionate.

2 Explore: we are always curious and open.

3 Innovate: we are always inclusive and inspirational.

4 Navigate: we are always purpose-driven and grounded.

5 Activate: we are always active and present.

Our Values

Meet Your Success Team



Sophie

Sr. Coach Success Specialist
Favorite Grow Module:
Conflict Management



Ranya

Coach Success Specialist
Favorite Grow Module:
Parenting



Nathan

Community Manager
Favorite Grow Module:
Self Actualization



Claire

Community Manager
Favorite Grow Module:
Stress Management



Sandy

Community Manager
Favorite Grow Module:
Coaching Others

Your Support System

	What	When	Where
Live PQ&A's	For the first 6 months you can ask your questions directly to Coach Shirzad & Coach Bill during live weekly PQ&As.	Tuesdays 10AM Pacific	Check PQ Calendar for link and passcode
Office Hours	Weekly office hours hosted by Coach Success Specialists will navigate you back to calmer waters if you are feeling lost.	Thursdays 8AM or 8PM Pacific. Check PQ Calendar for details.	Check PQ Calendar for link and passcode
The PQ Coach Community	Have a burning question? Discover the tremendous wisdom of your fellow coaches. Post in the PQ Coach community	Anytime	PQ Coach Community in PQ App
Technical & Billing	Our customer support team is on hand if you are experiencing issues with your PQ app or need assistance with billing,	Anytime	Support @positiveintelligence.com

PQ Coach Membership Toolbox

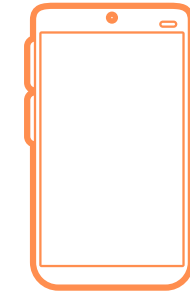
Let's learn about the tools at the tips of
your fingertips (feel free to do a PQ rep!)
to get your mental fitness training on.





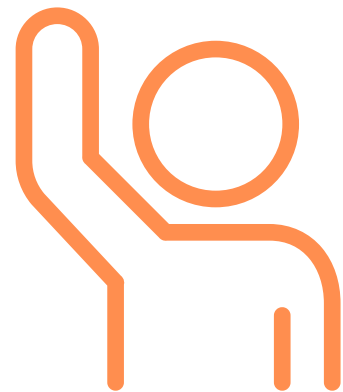
Learning Hub

This is the place for your professional growth. Here you will find all of your learning modules, plus so much more. Your login details will be delivered in a separate email.



Grow Program

Continue your personal growth by tapping into the next level of mental fitness, the Grow program. Continue to work on your trickiest saboteur or check out one of the specialized modules like Coaching.



Live PQ&A

For the first 6 months of your annual membership, you get direct access to Coach Shirzad & Coach Bill. Regardless of where you are in your learning, you have the opportunity to ask your questions live.



PQ Coach Community

The community is always on, making it the ideal place to ask questions, get feedback, and share what you're experiencing in real time. You'll find that getting advice from your peers is a great way to dive into your learning.

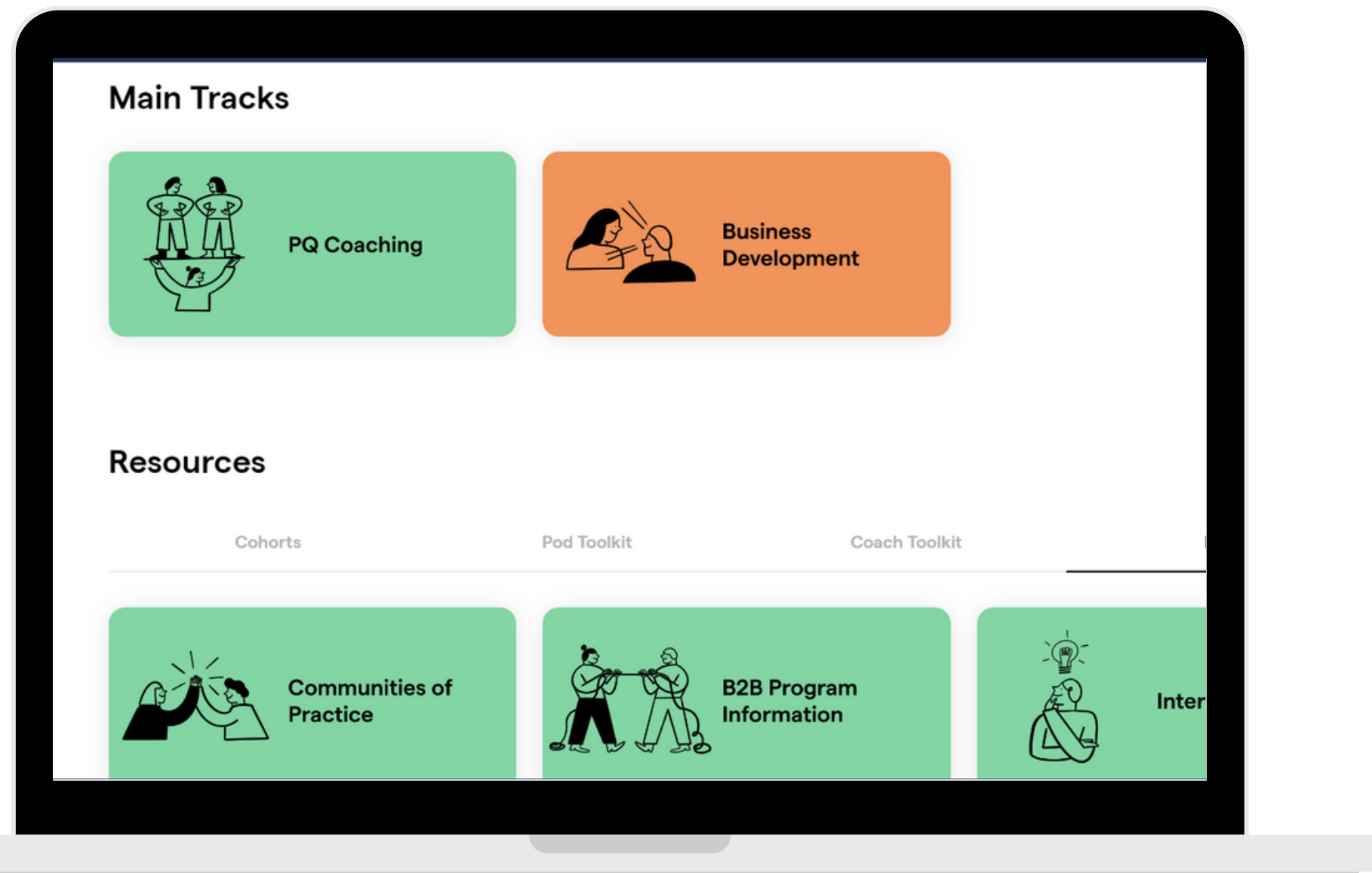
Learning Hub

Your Learning Hub is home to all of your advanced training. It houses everything needed for the PQ Coach and Business Development tracks: videos, slides, handouts, and live call recordings.

- Begin by bookmarking learn.positiveintelligence.com on your computer
- Check your email for your Learning Hub login details,. If you haven't received the email within 48 hours, please contact support@positiveintelligence.com.
- Once logged in, begin the "New Member Onboarding - Start Here" module. Watch Shirzad's welcome video and then work through each lesson in the module.



Learning Hub



- Weekly Learning
 - Check out the "PQ Coach Training Track" and "Business Development" tiles for your weekly videos that will be released.
- Pod Toolkit
 - Click the blue tiles in your Resources section to learn all about how to bring clients through the PQ Program.
- Live Sessions
 - Scroll to the bottom of the homepage, under Resources, to locate your cohort module in order to find links and live recordings.

Grow Program

The next phase of your mental fitness development.

Included with your PQ Coach membership is an upgrade in subscription to our Grow program, our self-directed and self-paced mental fitness coaching, designed to help your continued personal transformation.

Don't let those mental muscles weaken and atrophy. Keep growing your mental fitness and strengthening your PQ muscles. The Grow program is in your PQ App now.



Grow Program



- Immediate access to new Daily Focus challenges in your PQ App.
- New insights on topics such as Stress Management, Relationships, Happiness/Wellbeing and more found under the Modules icon in your app.
- Ability to select a new Saboteur other than your top 2 and build up your Sage power.
- Prefer accessing on your computer? You can access your app on desktop at app.positiveintelligence.com

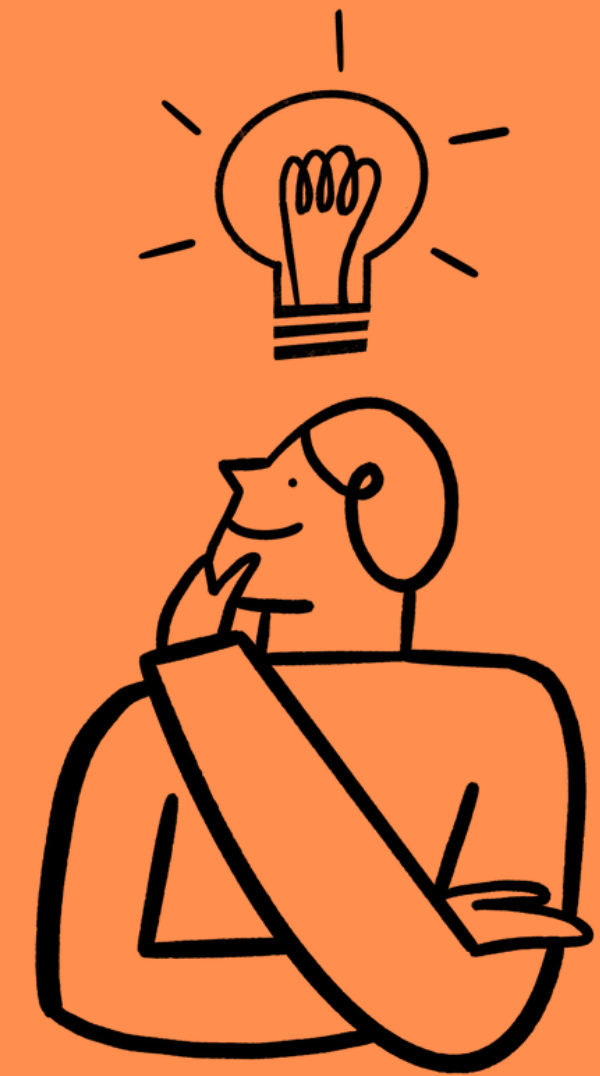
Live PQ&As

Continued opportunity to ask questions as you embark on your advanced learning journey.

For the first 6 months of membership, you have weekly Q&A calls to support your learning. They feature both Coach Shirzad and me, Coach Bill, as hosts. And the content ties to one or both of the PQ Coach or Business Development lessons from the previous week.

After the 6 months, your calls transition to twice a month where you have one session focused on coaching and the other on business development.

You are never alone on this journey!



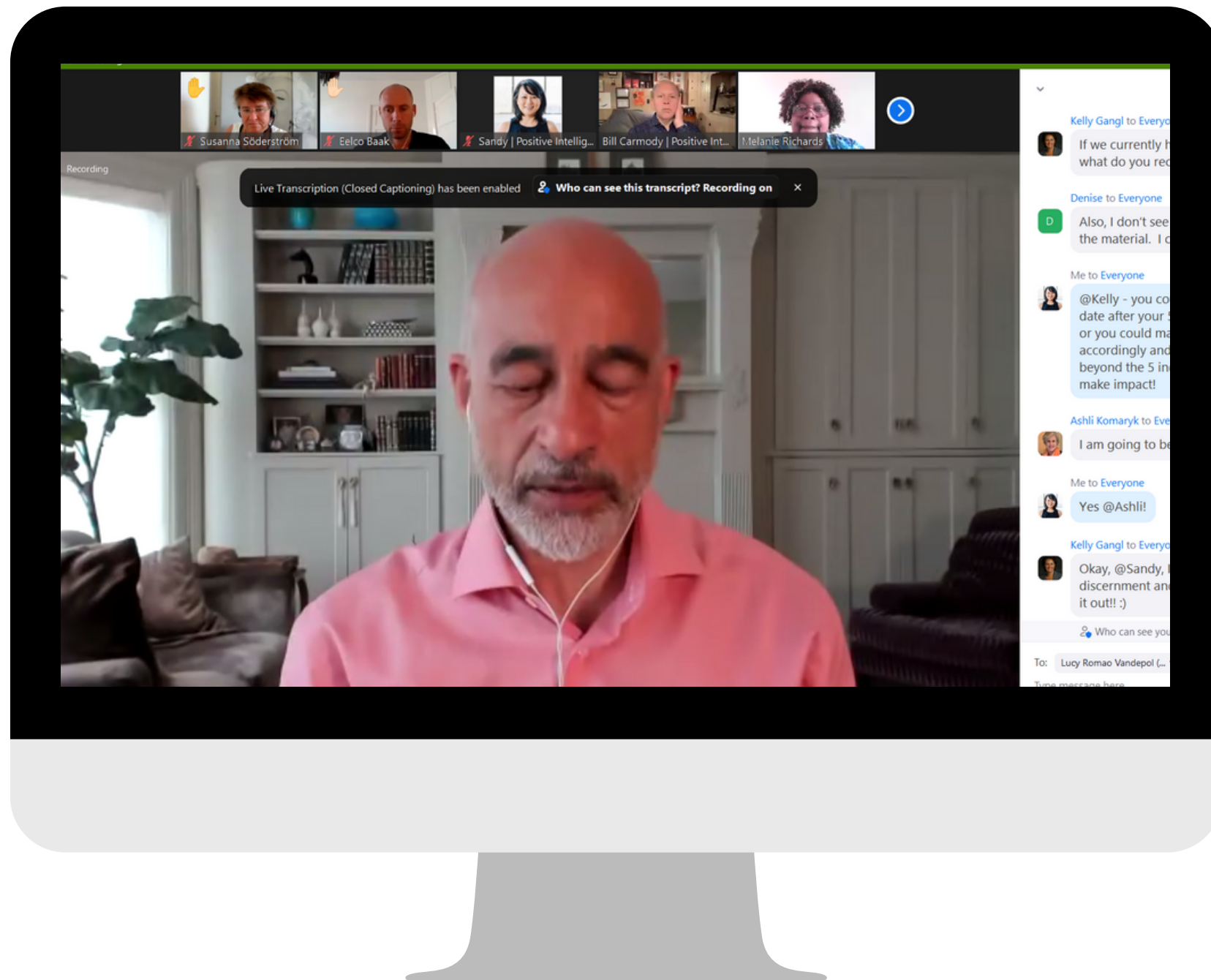
Live PQ&As

- All call participation is optional. We record every call and upload the recording to your Learning Hub under your cohort module within 48 hours.
- You can attend the Q&A even if you haven't watched the latest lessons. There's always something to learn!
- Submit your questions in Community under PQ Resource in your app. Having a place to type your questions means you can record them as you have them and won't forget them before the Q&A.

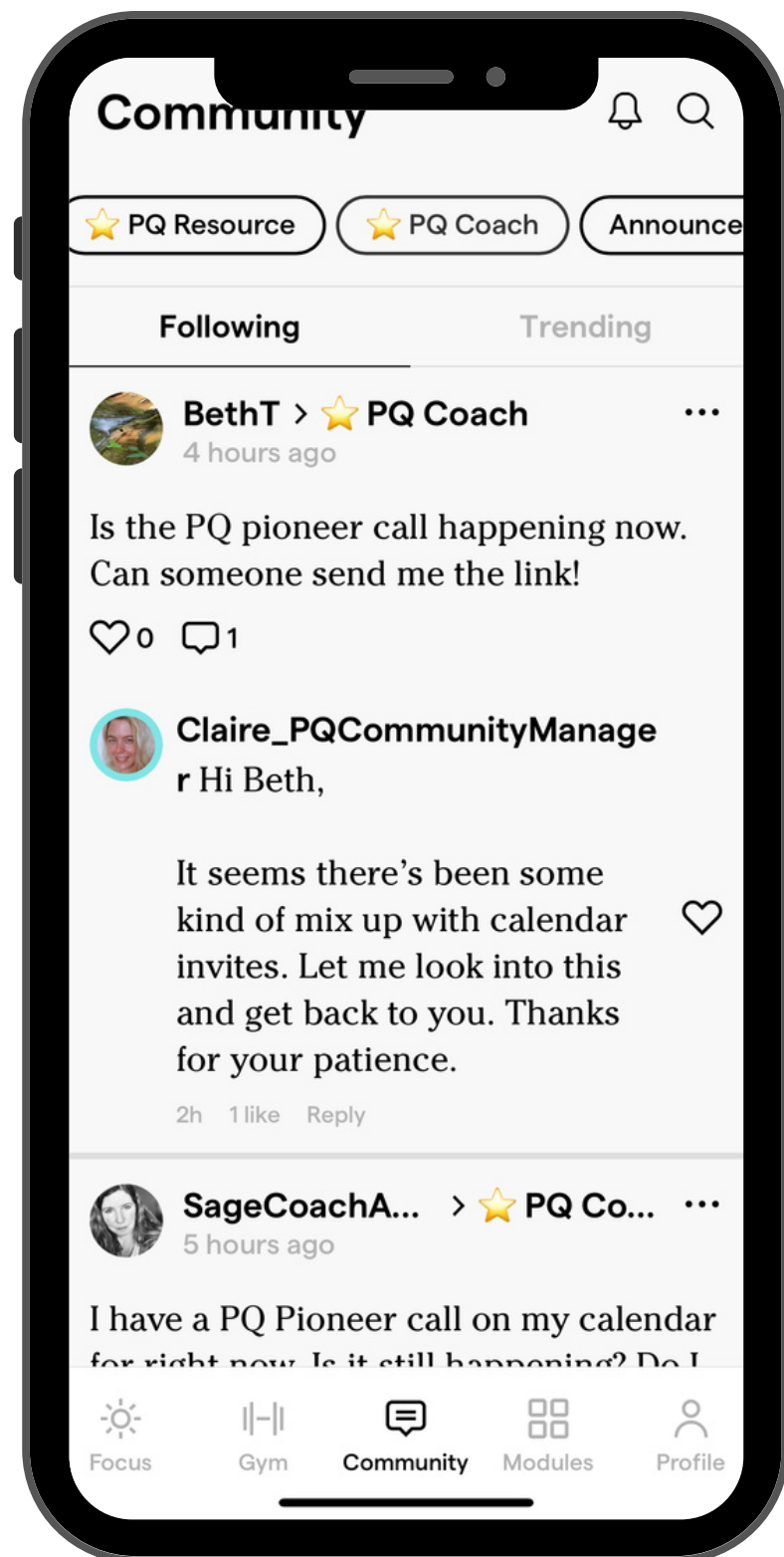
Tuesdays at 10AM Pacific

Click for [Zoom Link](#)

Meeting ID: 865 3400 7757 Passcode: pqcoach



PQ Coach Community



- You have two special channels as part of your PQ Coach membership:
 - PQ Coach - the central location for all conversation and sharing
 - PQ Resource - your community noticeboard, where we'll post essential links and updates
- In addition, you have access to Connect, THE global mental fitness channel; a collaborative community for anyone who has completed the PQ Program.
- Please help us maintain a Supportive, Compassionate and Curious community by reading our [Community Guidelines](#).

What Happens Next

You're about to embark on a learning journey that embraces the importance of mental fitness both for yourself and your clients. You'll receive instruction from experts, experience a supported approach to digital education, and have the opportunity to network and collaborate with global coaches through thought-provoking learning and online discussions.



1

Watch Getting Started module in
[Learning Hub](#)



2

Subscribe to PQ Calendar
[https://www.addevent.com/
calendar/pd487437](https://www.addevent.com/calendar/pd487437)



3

Attend the first live PQ&A
Tuesday, September 27th
10AM Pacific
(all sessions recorded)

Pod Networking

Pod Networking sessions are a chance for you to meet fellow coaches with a view to forming connections and Pods, based on your needs and interests. Being in a pod during membership is not mandatory but it can be an instrumental tool to achieve your goals.

- For 4 weeks, we offer 3 sessions on Wednesdays.
- Each session is identical so you can attend just one but open to come to all.
- This is not mandatory, just an added service.
- There is not a guarantee you will find your pod mates.
- Dates are announced via email and in PQ Resource channel.



Pod Networking

PQ Coach Cohort 11 Pod Networking Sessions

Link: <https://us02web.zoom.us/j/2350158263>

Meeting ID: 235 015 8263

Dates:

October 5th

October 12th

October 19th

October 26th

Times:

Session 1 - 5am Pacific | 8am Eastern

Session 2 - 11 am Pacific | 1pm Eastern

Session 3 - 5pm Pacific | 8pm Eastern

[Subscribe to Pod Networking Calendar](#)



Need More?

Here's a list of ways you can
dive right in.

Watch Coach Shirzad's Ted
Talk - [Know Your Inner
Saboteurs](#)

☐

Add Positive Intelligence to
your LinkedIn profile. [Watch
this video to learn how.](#)

☐

Got questions about the
included seats, or the PQ Coach
program? Head to
[support.positiveintelligence.com](#)

☐

Explore new Grow Modules
(click on Modules, tons of
bingeable content!)

☐

Try out a new Grow Daily
Focus and share in the
Community (head back to
Your Success Team page
for our Staff Picks)

☐

Excited?

We know you are itching to get your hands on all the learning content, we will be helping you scratch that itch soon!

Got Questions?

1. Got questions about the included seats, or the PQ Coach program? Head to our [Support Site](#) where you can type in your question. Chances are someone has asked it before and we have captured the answer for you.
2. Email our incredible [Support Team](#).
3. Write it down and bring it to the first Welcome Call or Office Hours.

We are here to help you succeed!

The Way of Sage is Ease and Flow



Thanks for checking out this guide! If you want to keep it on your computer, go ahead and hit the cloud with arrow button. If you'd like a hard copy, hit the printer icon up top.

We're excited to see your growth as a coach during your first year as a member of our PQ Coaching Community!



Share the news about becoming a member of Positive Intelligence with your network using #pqcoach and tagging @positiveintelligence on LinkedIn.

