



ICF MENA Conference
IMPACTING THE FUTURE
Sultanate of Oman **2023**

ICF
Oman Chapter



DEVELOPING HIGH Performance Teams FOR LASTING RESULTS

Karen du Four des Champs



www.icfomancoaches.com

Developing High Performance Teams for Lasting Results while Building a Culture of Trust using *Applied Mental Fitness*

for individuals, teams, organisations, and families



- Presented by Karen du Four des Champs, PCC, CPCC, CPQC, COF, OSRC, Mentor Coach



2 minutes of **Brain Activation**



By *Melissa Hogenboom*  19th September 2023

There is growing evidence that simple, everyday changes to our lives can alter our brains and change how they work. Melissa Hogenboom put herself into a scanner to find out.

"It's surprisingly hard to think of nothing at all", is one of my first thoughts as I'm lying in the maw of a machine that is scanning my brain. I was told to focus on a black cross

How I rewired my brain in six weeks

my brain examined before embarking on a six-week brain-altering course.

My goal was to investigate whether there's a way we can influence meaningful brain change ourselves. By altering aspects of my daily life, I hoped to find out if it is possible to strengthen crucial connections in our brain, and keep our mind healthier in the process. Along the way I learnt techniques we can all use – with some powerful results.

The Neuroscience of Positive Intelligence

Positive Intelligence® White Paper



This white paper both updates and expands on the original neuroscience foundation of Positive Intelligence based on the latest findings in this fast-evolving field.

“A large and growing body of research provides unequivocal support for the benefits of focused attention meditation. When practiced consistently, these exercises improve our ability to regulate our attention, emotion, and cognitive functions.”

Download

Breakthrough Research

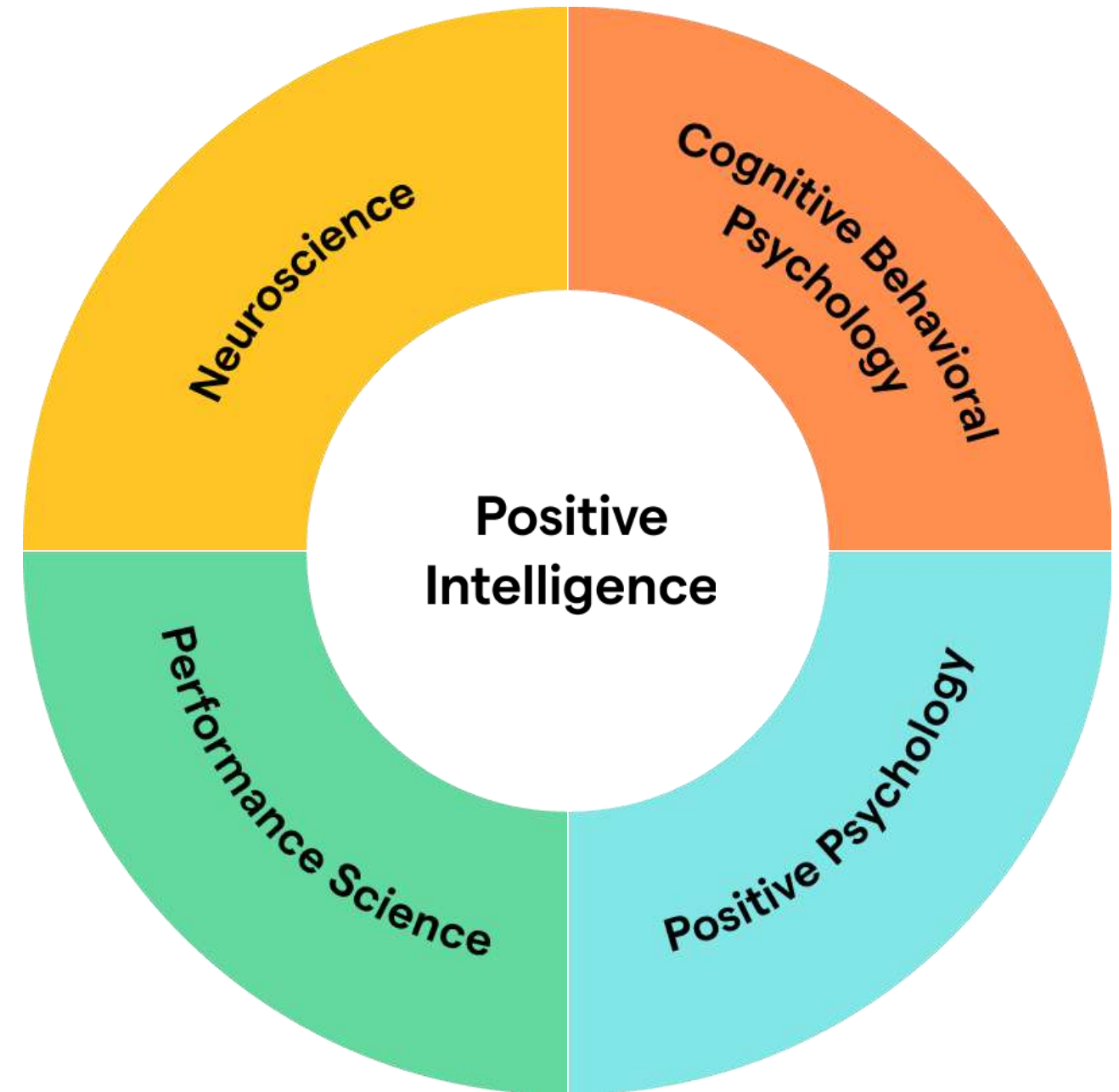
The breakthrough contribution of Positive Intelligence® research is through factor analysis to discover the **core factors** that impact both **performance** and **wellbeing**.

This research revealed that there are **only 10 negative response factors (10 Saboteurs)** and **only five positive response factors (5 Sage Powers)**.

These **root-level factors of performance and wellbeing** dramatically simplifies personal and professional development.

Intercepting one's Saboteur and **activating one's Sage automatically** results in a wide array of impacts.

This is because we are **rewiring the brain at the root level** rather than treating symptoms.



We call it Mental Fitness

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

Problem: prefrontal cortex (area of the brain responsible for self-control, willpower, creativity, problem-solving, leading others) **goes offline when we are stressed**. We revert to **old habits** & behaviours that **no longer serve us**.

Solution: we can learn to **change our brain-activation** from **Saboteur** brain (survival, fear-driven, negative emotions) to **Sage** brain (clear, calm, positive emotions, EQ) in just 7-weeks.

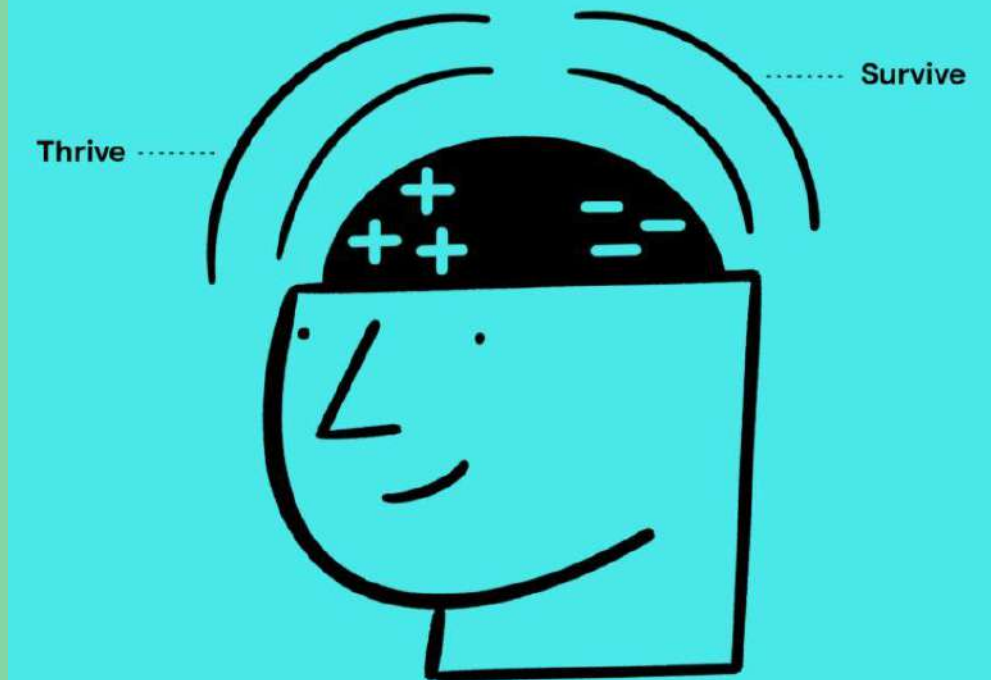
You have two very different regions in your brain.



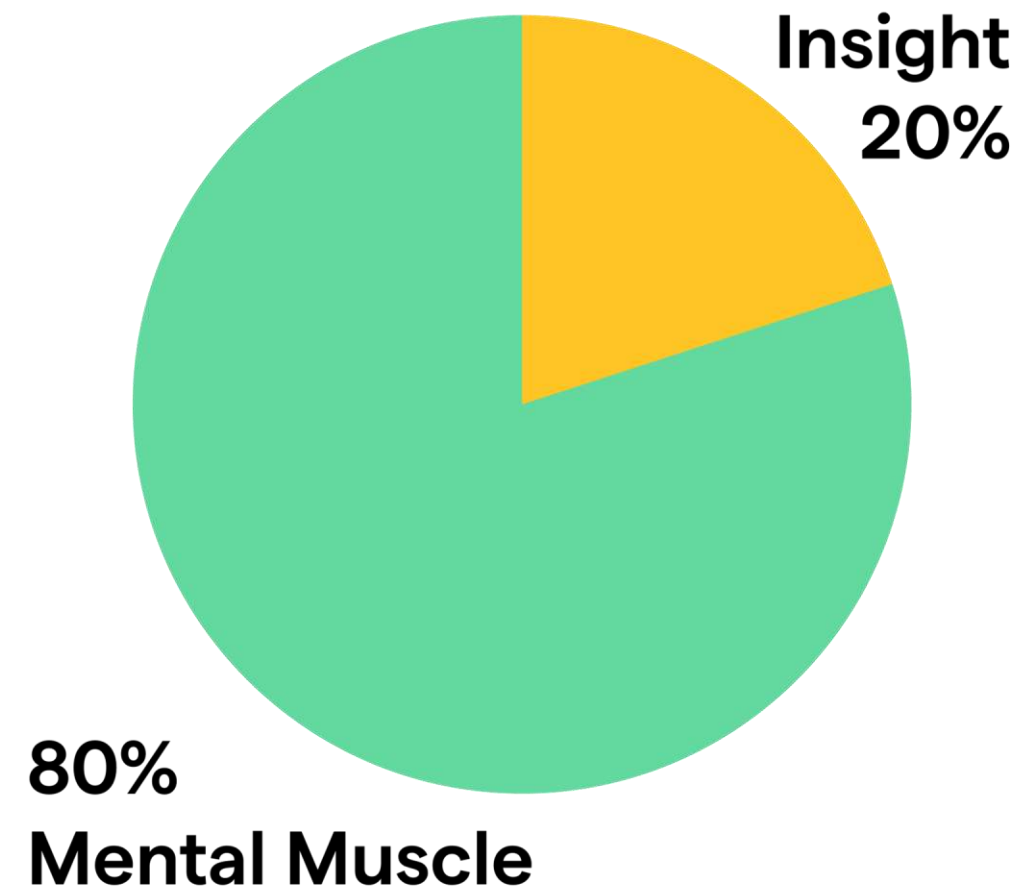
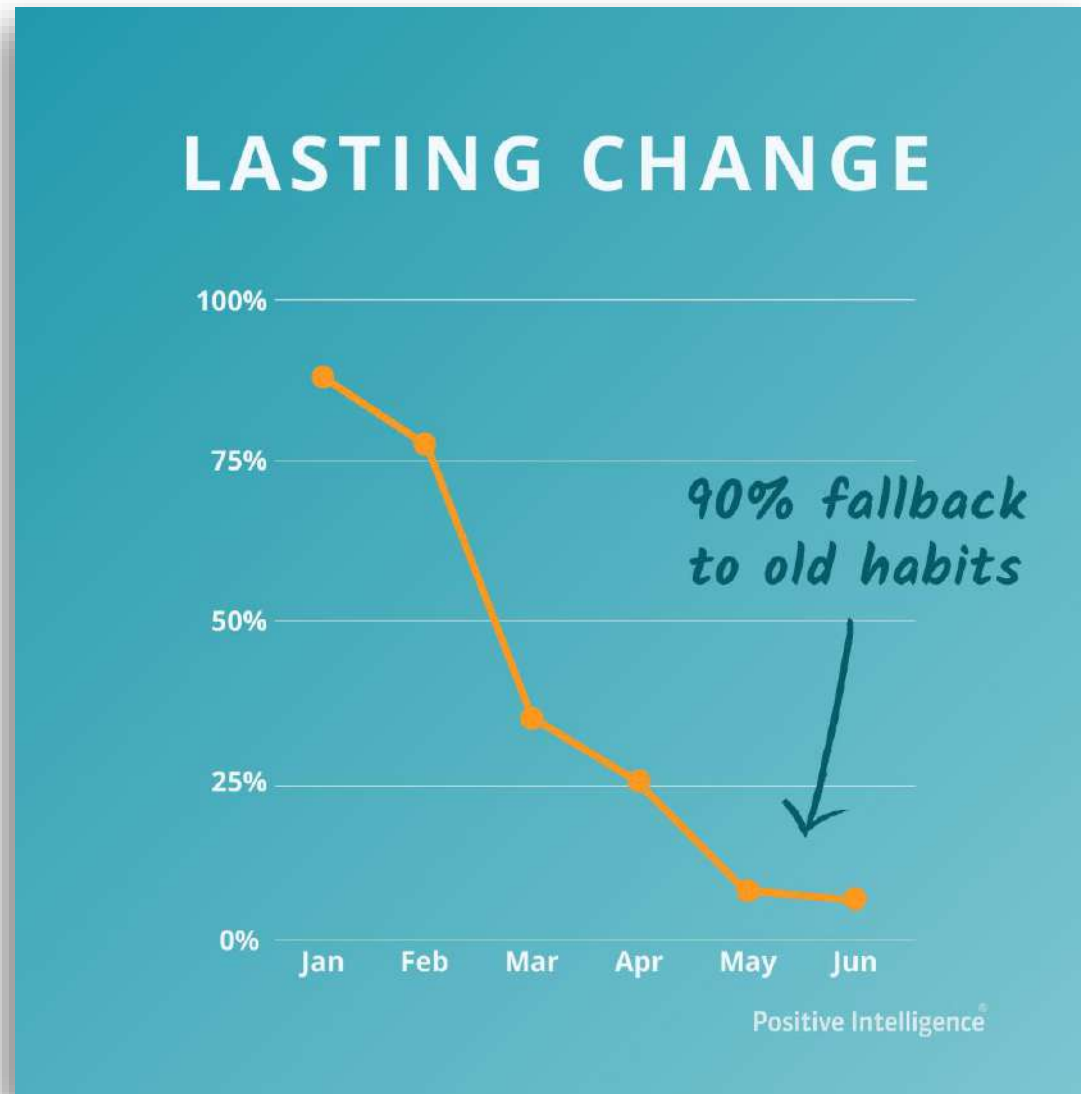
The Thrive Region:
Your Inner Sage



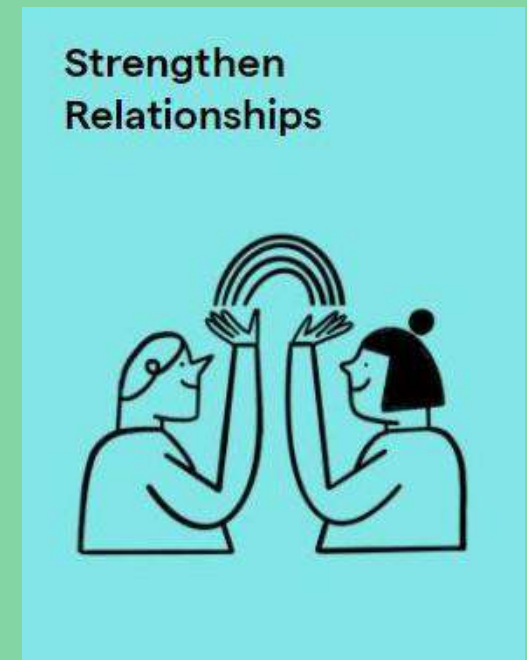
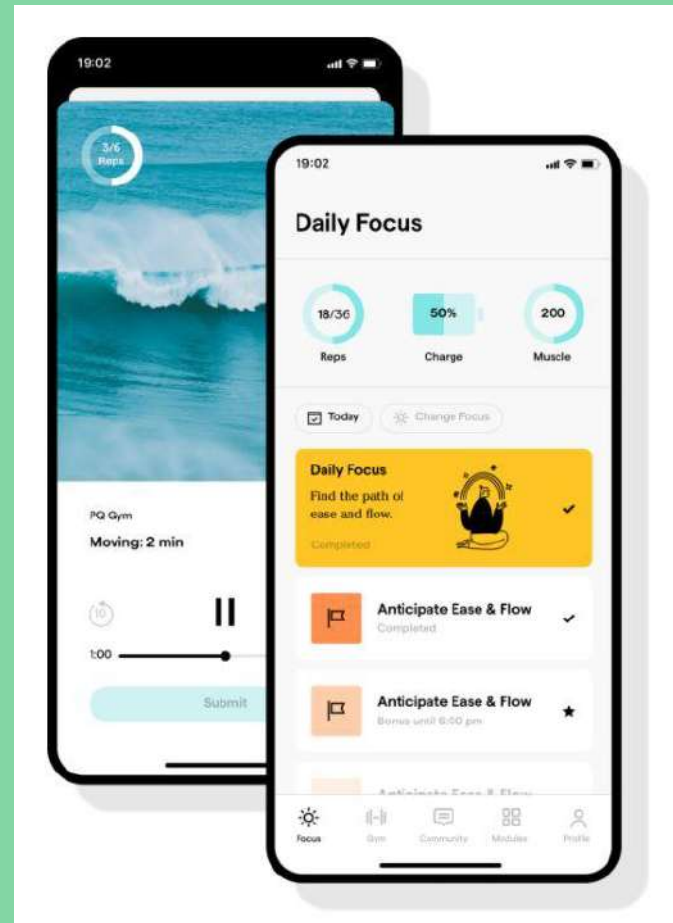
The Survive Region:
Your Inner Saboteurs



How to achieve Lasting Change?



Positive Intelligence (PQ) – Mental Fitness App-based Program



Focus on Habit Formation



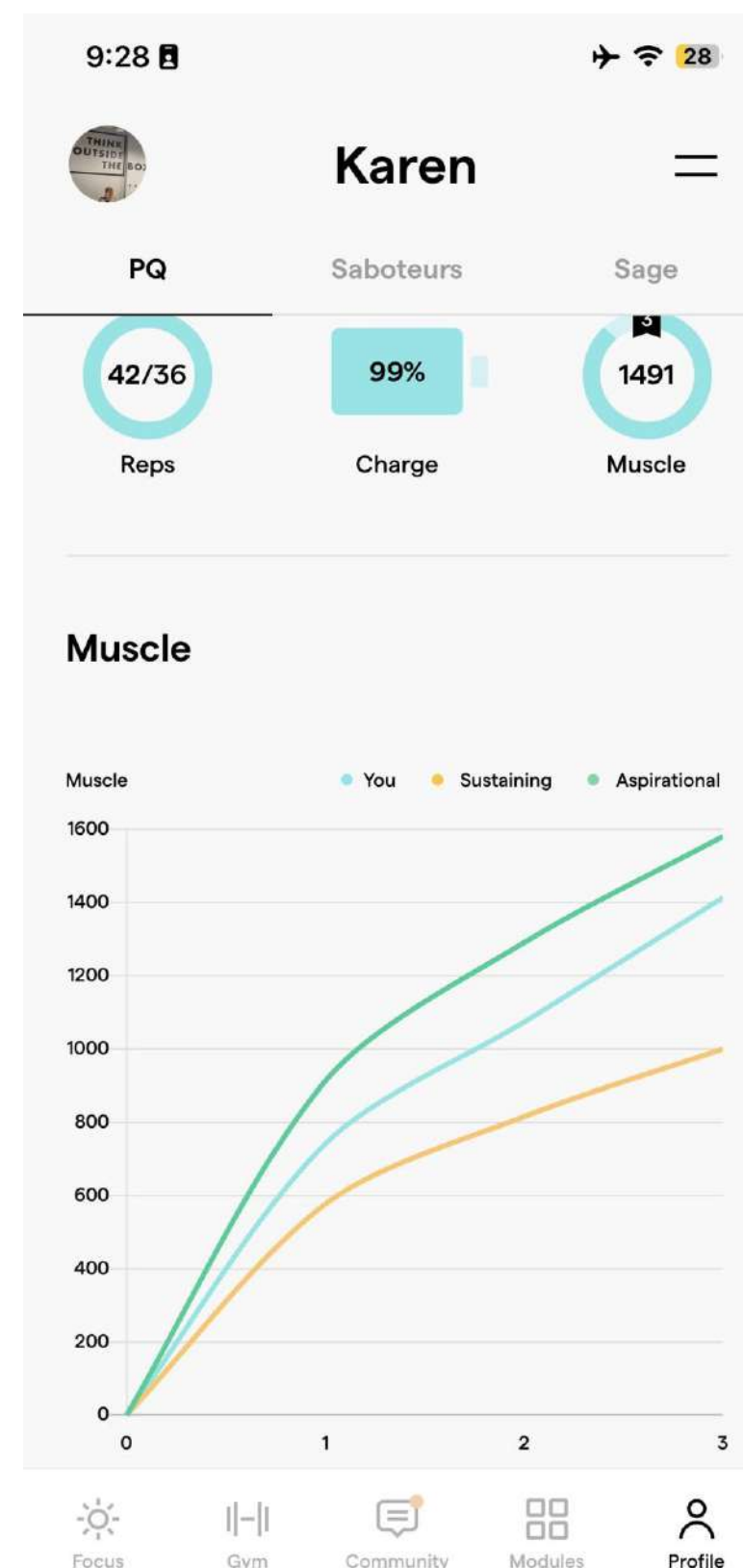
Treat Root Cause, not Symptoms



Develop all 3 Core Muscles

Since June
2020!

Over 3
years



Consider this

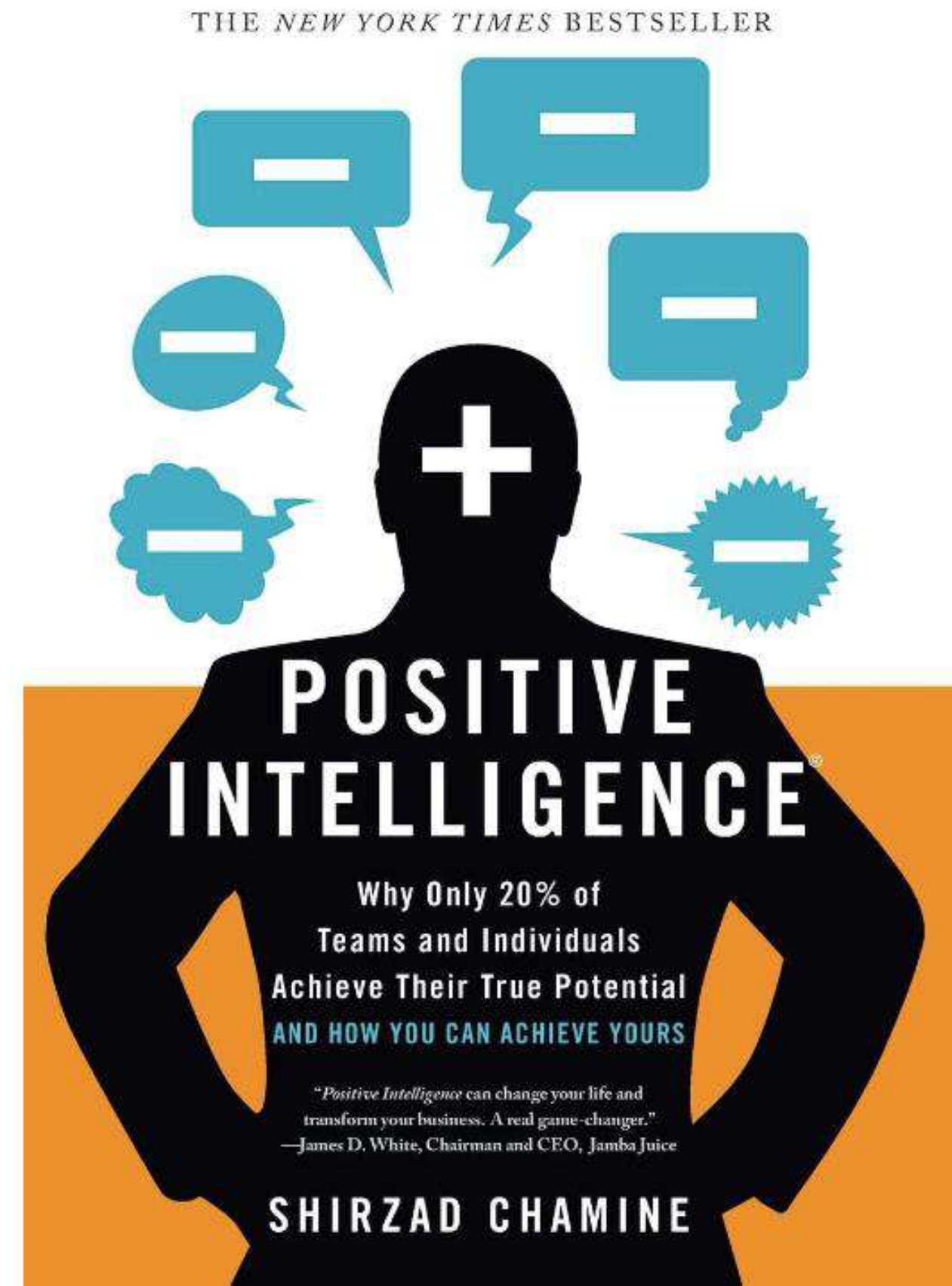
Think about the **team** you are on.

How would you rate the **team's performance?**

Are **individuals** and the entire **team performing** to their ***fullest*** potential?

What needs to **change?**

How do you as a **leader** need to **change?**



Boost Performance



90%

Use Mental/Emotional
Energy More Effectively

76%

Improve Ability to
Develop Others

92%

Better at Teamwork
and Collaboration

RESULTS based on

- Hundreds of **CEOs** and their **Executive Teams**
- **Stanford** University students
- World-class **Athletes**
- **More than 500k** participants
- From over **50 countries**

Assessments

Positive Intelligence® White Paper

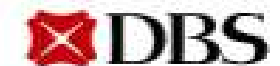


Download

This white paper provides updated research data regarding both the Saboteur Assessment and the PQ Score Assessment.

“To identify the Saboteurs, we look at mental patterns which cause prolonged negative emotions. PQ is determined based on how much positive versus negative emotions are experienced in the course of a typical 24-hour period.”

**Positive Intelligence has boosted mental fitness and generated long-lasting results for employees of hundreds of organizations.
Refer to our WhitePapers.**





Facilitated by **Karen du Four des Champs**,
PCC, CPCC, OSRC, COF, CPQC, & Mentor Coach

with **Shirzad Chamine, MBA**, on video
Stanford lecturer, NYT Best-selling author
of *Positive Intelligence*, and founder of the
PQ Program







- To bring **Positive Intelligence** to your organisation, WhatsApp me your name and email address
 - **+968 9141 6130**
- Go to **PositiveIntelligence.com/assessment**
 - Email me your results: **kdd@InnerCor.com**
- Enroll with at least one **team** (6-12 employees)

YOU'LL START HERE...

Begin your coaching with the 6-week Pod Program.

You will learn to understand the causes of all your stress, anxiety, self-doubt, frustration, regret, guilt, and unhappiness, then learn the techniques to build your mental fitness in ways that produce positive emotions like curiosity, empathy, creativity, calm, and clear-headed laser-focused action.



POD PROGRAM

6-weeks

Consider this your mental fitness boot camp!

Our Pod Program gives you the insights, motivation, and structure to build your mental fitness by practising just 15-minutes per day for the 6-weeks. The program places you into a pod of up to 6 other business leaders and combines weekly video sessions with your coach, plus daily app-guided practices to boost your mental fitness muscles and teaches you how to apply them in your life.

[CONTACT US TO BOOK](#)

SABOTEURS

Understand all the ways you are preventing your own success.

GOALS

Define your top 3 goals and focus your coaching on achieving them.

TRANSFORM

Learn to improve your relationships at work and at home.

HABITS

Learn to change how you react to stressful situations in your life.

CLARITY

Approach tasks and make decisions with a calmer and clearer mind.