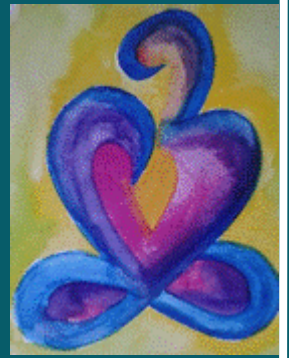




Growing Leadership Agility with Positive Intelligence





Hello!

I'm Ann-Marie Kong
Transformational Leadership &
Co-Active Agile Coach





Centering Activity

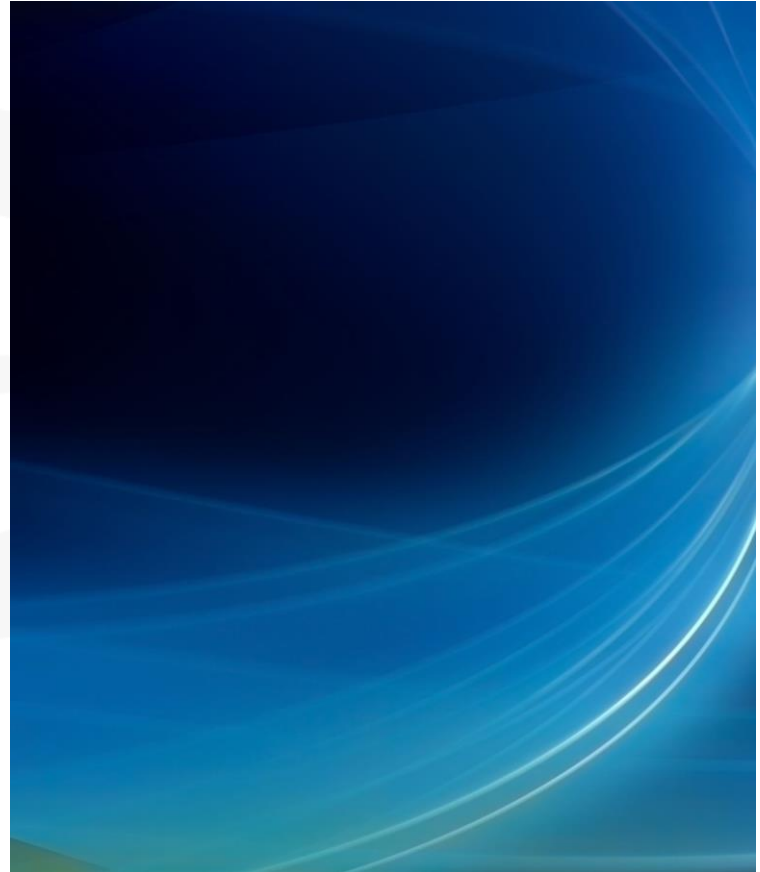
We center to be present, open, connected and on purpose



Centering Practice: (145) A Simple 5 Minute Foundational Centering Practice - YouTube

Agenda

- ▶ Arriving
- ▶ Designed Alliance
- ▶ Set the stage
- ▶ Saboteurs activity
- ▶ PQ repetitions
- ▶ PQ coaching demo
- ▶ Practice
- ▶ Debrief
- ▶ Learning commitment
- ▶ Resources
- ▶ Feedback





Designed Alliance

- ▶ Confidentiality
- ▶ Be for each other
- ▶ Talk straight
- ▶ Listen well
- ▶ Learning Lab
- ▶ Have Fun!

All agree to uphold our designed alliance.

Leadership Agility

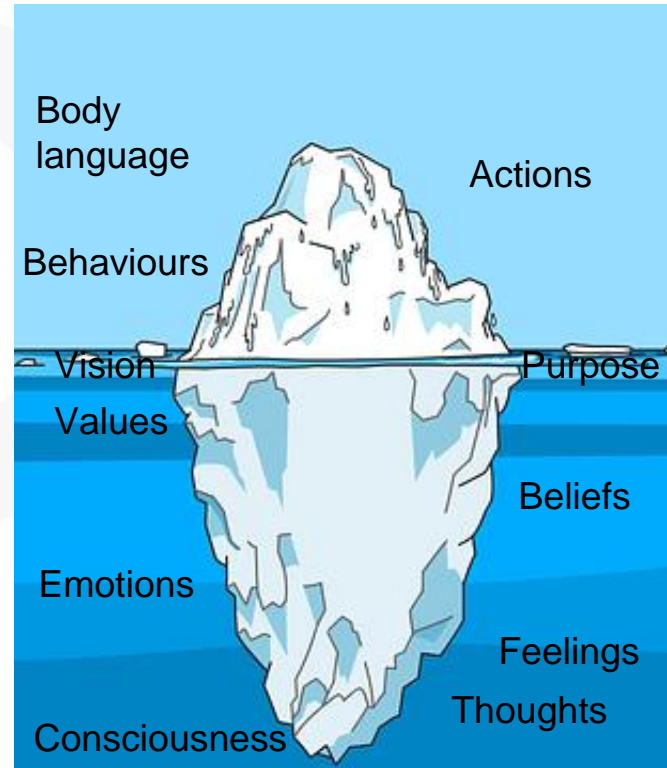


Leadership agility is your ability to take wise and effective action amid complex, rapidly changing conditions.

Positive Intelligence is a pathway to developing your leadership agility.

What drives you?

- ▶ 30% external, 70% internal
- ▶ Your thoughts determines your outcomes
- ▶ 6K to 50K+ thoughts per day
- ▶ 70% thoughts are negative





Mental Fitness

Definition

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

Impact

- ▶ Peak performance
- ▶ Peace of mind / wellness
- ▶ Healthy relationships



Research Foundation





Research includes **results** validated with ...


- ▶ Hundreds of CEOs and their executive teams
- ▶ Stanford students
- ▶ World-class athletes
- ▶ 500,000 participants from 50 countries
- ▶ Many YPO families and Forums

Research summarized in the *New York Times* best-selling book, *Positive Intelligence*, translated into 20 languages



Results of Factor Analysis Research

Only three core muscles are at the **root** of mental fitness.

01 Saboteur
Interceptor 

02 Sage 

03 Self-Command 



10 Saboteurs

- ▶ Motivates you through negative emotions...
...fear, stress, anger, guilt, shame, insecurity



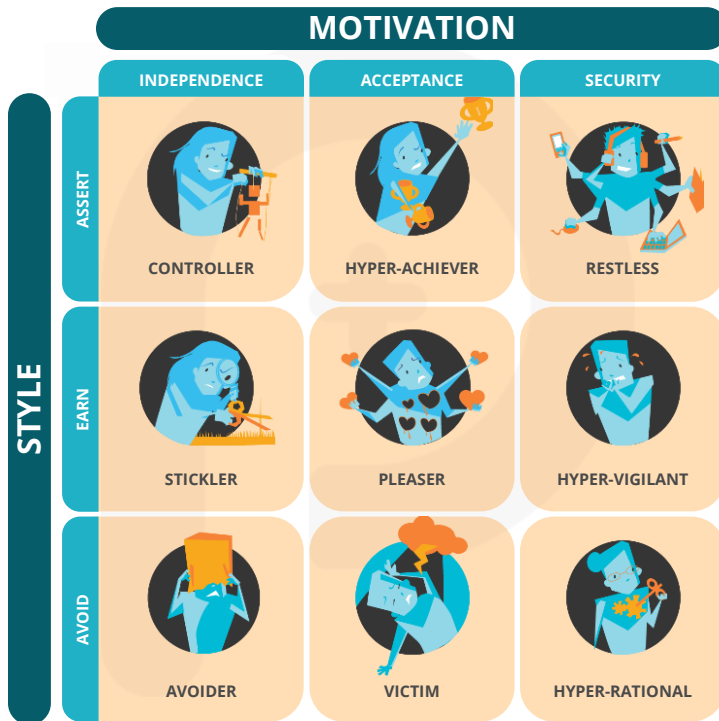
5 Sage Powers

- ▶ Motivations you through positive emotions...
...empathy, curiosity, creativity, passion and purpose

The Judge



Accomplice Saboteurs



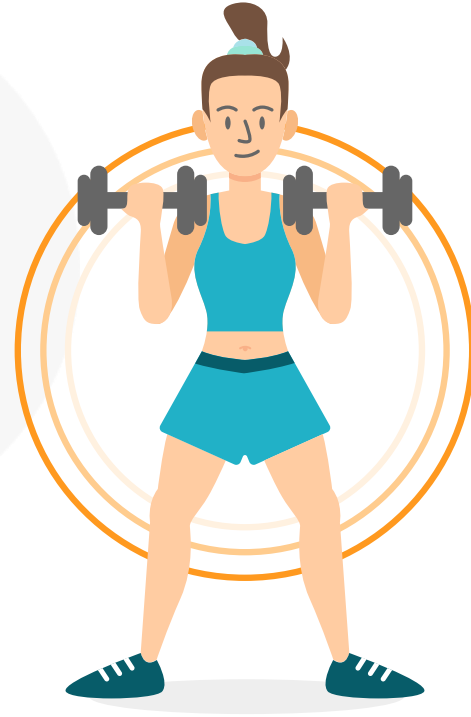
Saboteurs Activity

- ▶ In breakout rooms: (10 mins)
- ▶ 'Go to <https://www.positiveintelligence.com/assessments> - you will find a description of each of the saboteur.
- ▶ Select the breakout room for the accomplice saboteur you think is loudest for you. If you don't know, select one.
- ▶ In the breakout room, review and discuss the attributes, characteristics, behaviours, lies and impact of a saboteur.
- ▶ Draw, tell a story, mime/act out to convey the attributes, characteristic, behaviours, lies and impact of the saboteur of the room you are in.





10-Second PQ Reps



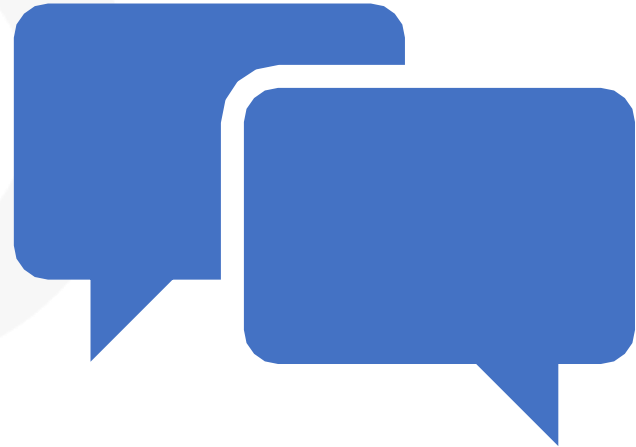
Positive Intelligence Activity – PQ rep

- ▶ Drop into your body
- ▶ Notice the sensations
- ▶ Notice the contact of your body with the seat
- ▶ Wiggle your toes
- ▶ Rub the ridges of your finger tips together
- ▶ Rub the tips of your fingers with the other hand
- ▶ Listen to a far away sound
- ▶ Listen to a near sound



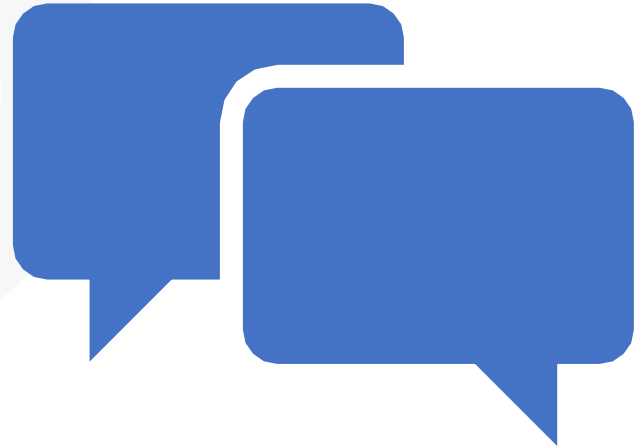
PQ Coaching Demo

- ▶ Invite a volunteer to be coached.
- ▶ Demo PQ coaching.



Practice

- ▶ In breakout rooms: (15 minutes)
- ▶ Pair up with a partner.
- ▶ Person A is to describe and embody a time when you experienced a failure in your life (2 mins)
- ▶ Do PQ rep (1 min)
- ▶ Person A repeats sharing the same story of a time when you experienced failure in your life. (2 mins)
- ▶ Person B observes and after 5 minutes, A and B debrief, share learning, insights.
- ▶ Debrief for 2 mins
- ▶ Switch roles and repeat.





Learning Accountability

What is one nugget of learning
you are taking forward?

Assessments

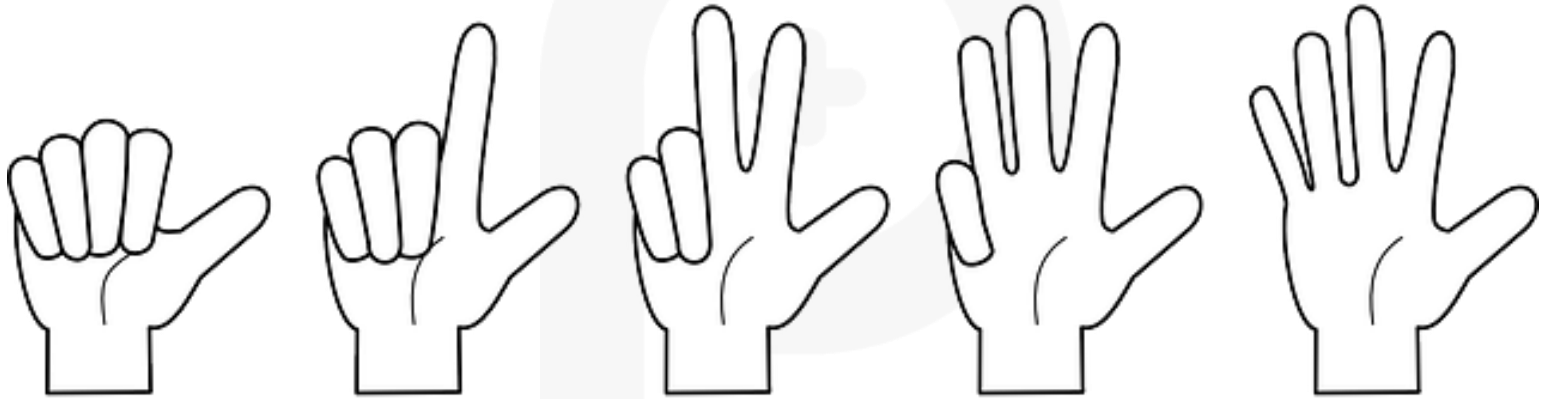
Saboteur Assessment

<https://www.positiveintelligence.com/assessments/>

PQ Score

<https://www.positiveintelligence.com/pq-score/>

Feedback



Contact

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- ▶ <https://transformingleaders.ca/book-ann-marie>

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