

The Impact of Positive Intelligence

Positive Intelligence (PQ): Why only 20% of teams and individuals achieve their true potential and how you can achieve yours. This presentation provides an overview of PQ based on the works of Shirzad Chamine and Shawn Achor. It demonstrates the difference PQ can make to increase productivity and further provides a toolset for you to implement to increase yours and your teams PQ for greater project success.

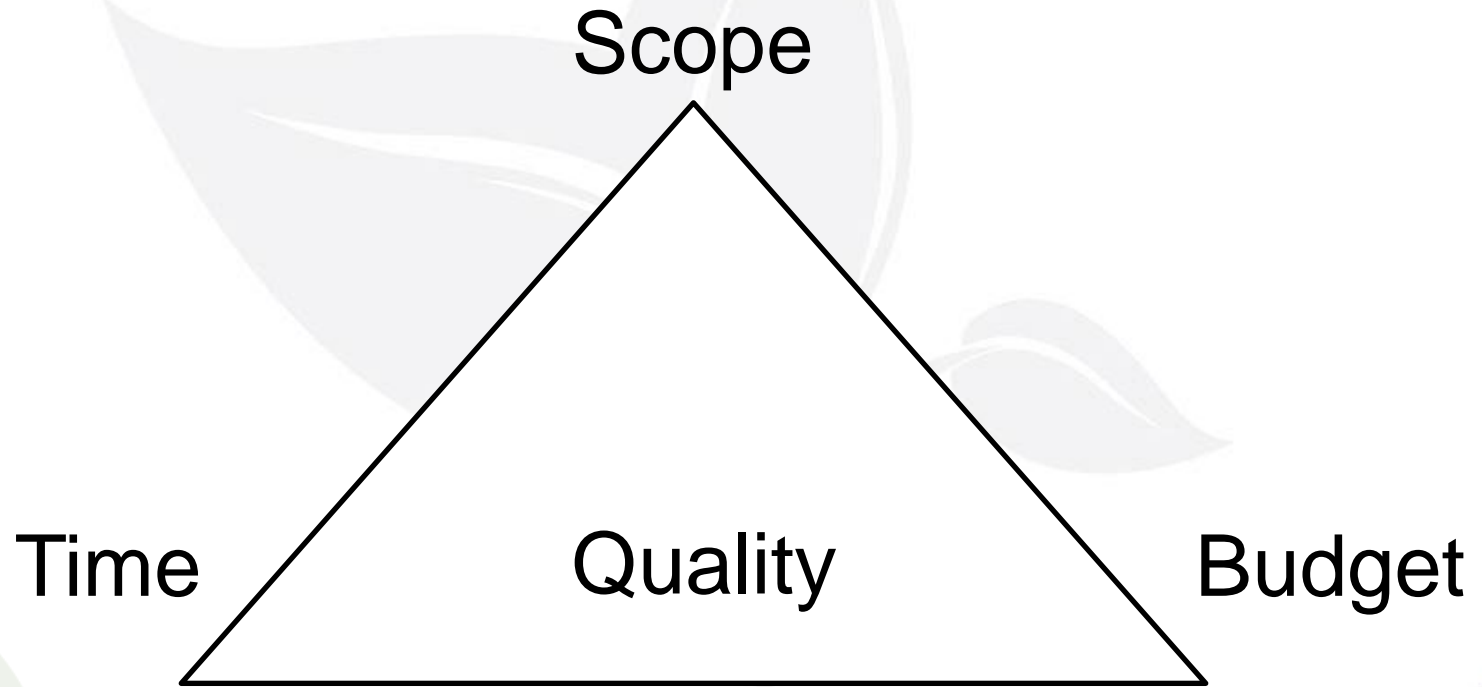
Anu Gupta, PMP

May 13, 2015

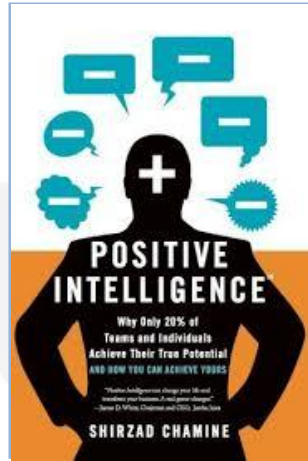
Key Objectives

- What is PQ?
- Why do I care?
- If I care, how do I increase it?

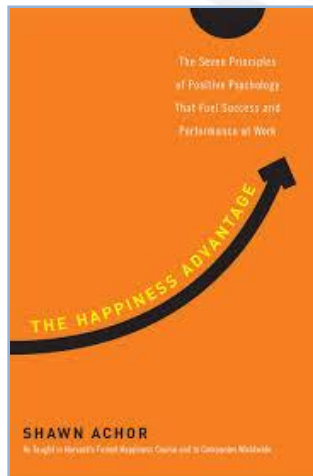
Project Management Constraint



Positive Intelligence Leaders



Positive Intelligence
by Shirzad Chamine



The Happiness Advantage
by Shawn Achor



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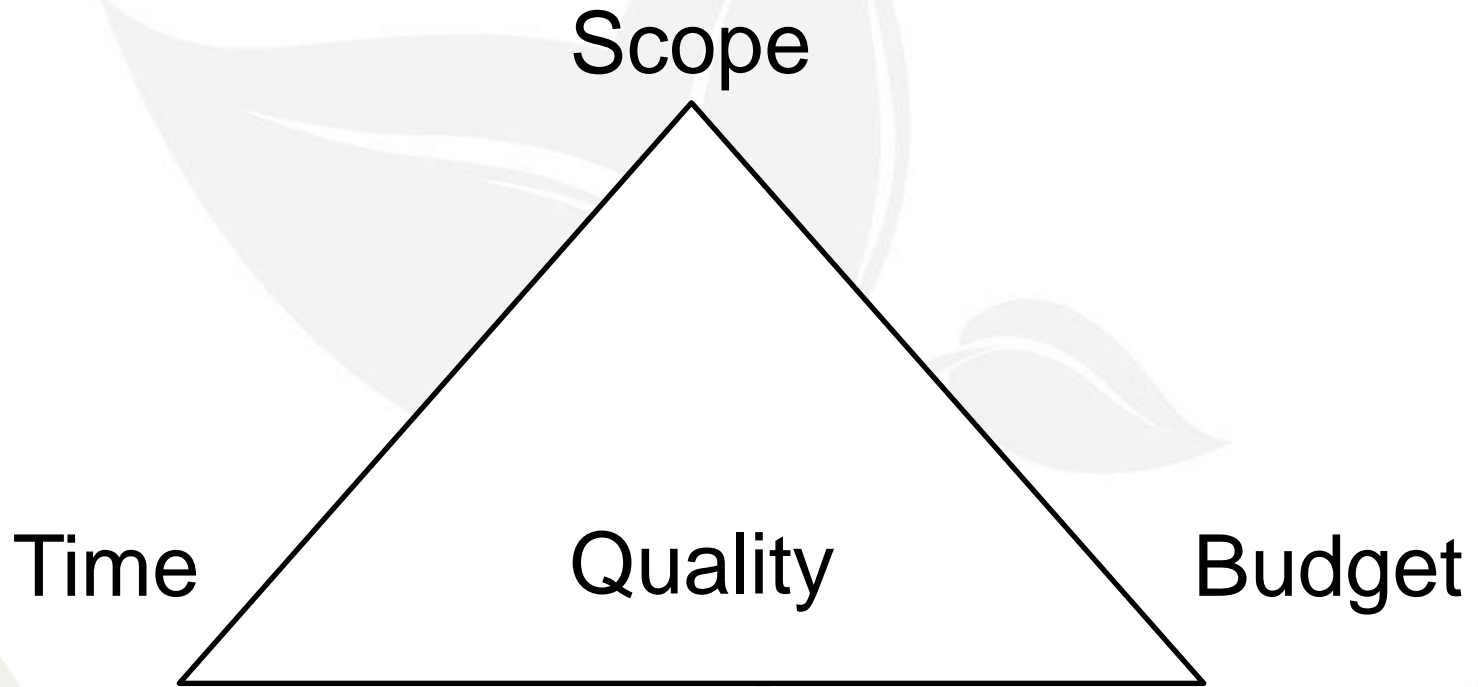
What is PQ?

- Positive Intelligence Quotient (PQ) = % Sage/Saboteur
 - A measure of the amount of control you have over your mind and how often it works in your best interests
- PQ score of 75 is considered a critical tipping point forward
 - 80% of individuals and teams are considered to be below this point
 - The lens through which you see and interact with the world

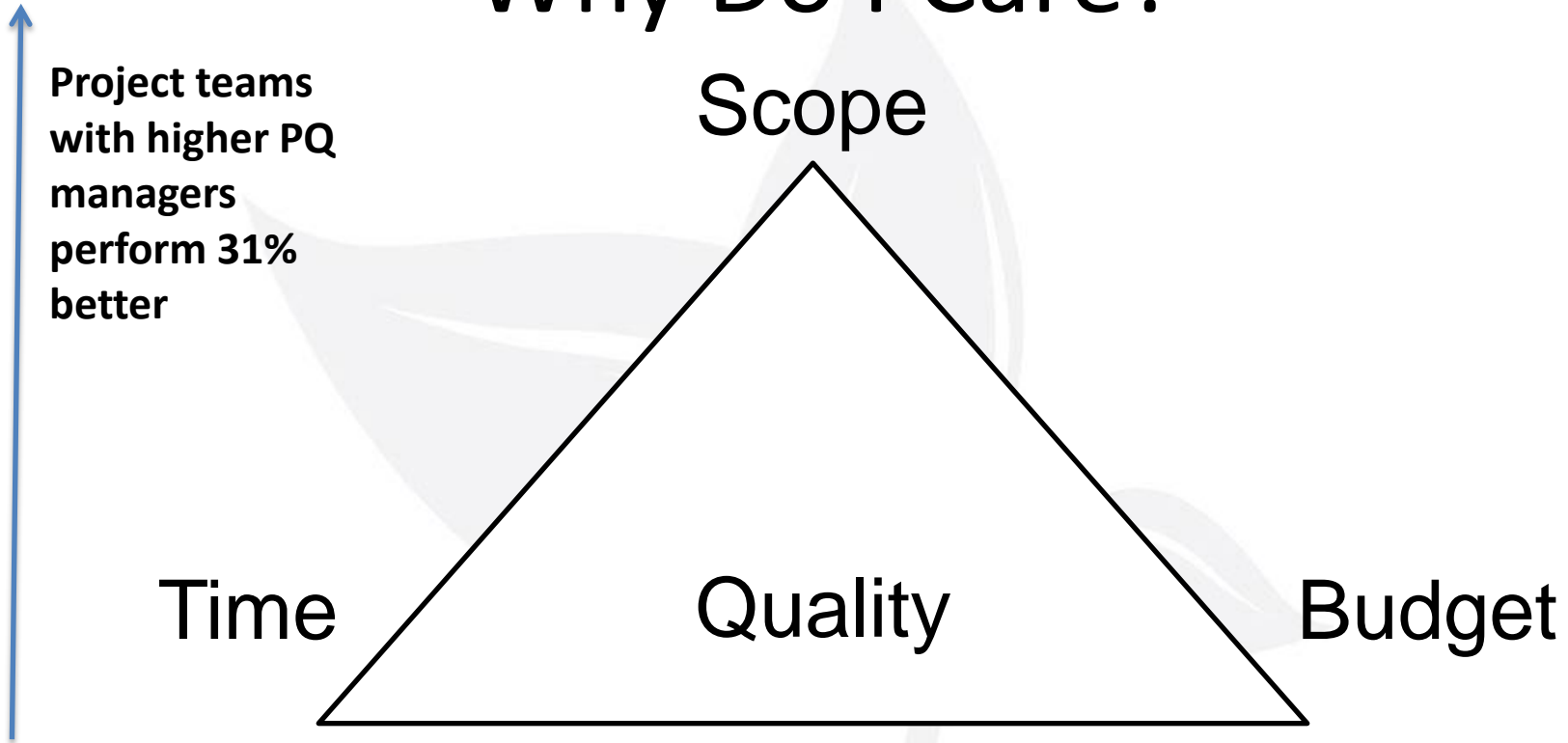


- **Action item** - Get your PQ score www.positiveintelligence.com

Why Do I Care?



Why Do I Care?



It's Not Easy

S.C.O.R.E. For Life, Jim Fannin

- Mental coach for worlds top athletes
 - Top tennis players, 8 in the top 60
 - 19 Major league baseball all-stars
 - Alex Rodriguez
 - 5 PGA tour winners
- Key Themes
 - Cannot hold a positive and negative thought simultaneously
 - You can prepare your subconscious mind for positive results
 - Your thoughts dictate your physical actions
 - Underlying theme of positivity at the subconscious level



Shift From Conscious to Subconscious



10 Saboteurs & 5 Sages

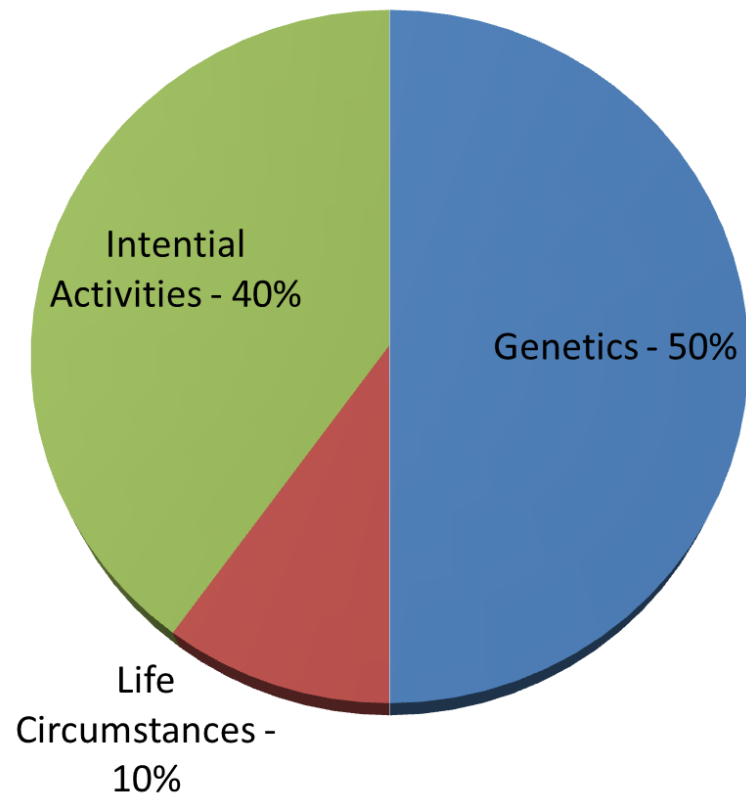
Saboteurs

1. Judge
2. Avoider
3. Stickler
4. Hyper-vigilant
5. Restless
6. Hyper-achiever
7. Victim
8. Hyper-rational
9. Controller
10. Pleaser

Sages

1. Activate
2. Explore
3. Navigate
4. Innovate
5. Empathize

What Determines Positivity?



Intentional Activities (40%)

- Gratitude
- Acts of kindness
- Nurturing optimistic thinking
- Learning to forgive
- Savoring the moment
- Investing in relationships
- Committing to significant life goals
- Practicing your faith
- Developing a meditation practice
- Regular exercise routine

Action Plan / Tool Set

The Happiness Advantage Principle

- Practice creating positive change in 21 days
 - 3 Gratitude's
 - Journaling
 - Exercise
 - Meditation
 - Planned acts of kindness
- Objective: to shift from conscious to subconscious
- Happiness leads to success, not the other way

Key Objectives Review

- What is PQ?
- Why do I care?
- If I care, how do I increase it?

“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

- John Lennon

“Happiness is when what you think, what you say, and what you do are in harmony.”

- Mahatma Gandhi

“Happiness is not something ready made. It comes from your own actions.”

- Dalai Lama