

Positive Intelligence® , The PQ Program and Sounding Line

I believe that your career is the most important expression of who you are. And who you are matters. Your career is how you fulfill your true potential for both happiness and contribution. The most challenging part of career and performance coaching is that the act of becoming is a practice not a destination.

Sounding lines allowed ancient mariners to navigate safely, avoid underwater hazards, and find suitable anchorages. Weights and measures determined the depth of the water and provided samples of the seabed and what lies below.

Today, human beings navigate liminality. It is the forbearing of modern existence. By partnering with Chirzad Chamine and Positive Intelligence®, Sounding Line joins a vibrant global community of coaches, scientists, engineers and passionate servant leaders.

Powered by positivity, I share Chirzad's mission. And with the PQ Program, nautical equipment for a new age of discovery.

What is the PQ Program?

The PQ Program is a mental fitness program that enables wellness, performance, and positive relationships. The six-week program empowers you to create sustained change toward a more positive mind by laying down neural pathways to form new habits through consistent daily practice.

The PQ operating system provides the opportunity to identify and decrease negative thoughts, what we call Saboteurs, and work to increase positive thoughts, what we call Sage. You will complete a Saboteur assessment as you begin the PQ Program to help identify your top Saboteurs.

Sounding Line guides you through the six-week program where you experience daily practice, a weekly focus, the PQ gym, and community. You can access the content using the PQ app and measure your progress. The PQ Program also includes a Pod facilitated by Drew McDowell. These small groups provide weekly discussion opportunities and consist of as few as two people (client and coach) or five individuals going through the PQ Program with the same coach simultaneously.

Build powerful habits for a positive mind. During the PQ Program, you get to build a foundation of mental fitness by strengthening three critical mental muscles to shift the balance of power from your inner Saboteurs to your inner Sage. With lifelong applications to work and life, the opportunity is yours to continue to grow.

What the PQ Program includes:

- PQ app - available on Apple and Android, as well as a desktop version
- Focus - weekly hour-long videos and daily 15-minute app-guided exercises
- Gym - includes guided sessions to practice and log PQ reps, a foundational practice for building your mental fitness
- Community - the internal social network for the PQ Program
- Modules - lessons essential for completing the program
- Pod - support and accountability group, to meet once a week to discuss the week's training

We live in an age of dissonance. Self-command is what unlocks the door to the future *and* your career. Where we put our focus grows. Grow your career with Sounding Line and discover a future worth living.