



TRANSFORMATIONAL MENTAL **FITNESS** PROGRAM

BUILD POWERFUL HABITS TO UNLOCK YOUR POTENTIAL OF HIGH PERFORMANCE AND WELL-BEING. THROUGH CONSISTENT DAILY PRACTICE ACHIEVE **PROFOUND POSITIVE CHANGE** OF YOUR LIFE.



ABOUT

Innovation and Adaptability



In today's rapidly evolving world, we face unprecedented challenges: demanding workloads, constantly shifting priorities, intensifying competition, and overwhelming information flow. This environment of continuous change and disruption creates persistent stress in our lives, triggering negative emotions like fear, anger, anxiety, disappointment, and frustration - potentially leading to disengagement and burnout.

To thrive in this age of innovation and change, we need more than traditional coping mechanisms. We must develop an adaptable mindset and build mental fitness "muscles" in our brains that enable us to embrace change rather than resist it. This transformative approach gives us the power and confidence to not only achieve higher levels of performance but also become more innovative, resilient, and fulfilled in both our professional and personal lives.

The Transformational Mental Fitness Program is specifically designed for today's dynamic environment, enabling you to experience immediate and sustained improvements in your performance and well-being. You'll develop a brand-new mental framework that builds your adaptability and innovative thinking capabilities, equipping you with the mindset skills needed to excel in even the most work and life challenges.

YOU BUILD POWERFUL HABITS

Most attempts at positive change fail because we stop at insight and don't build habits.

Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. That's what our program design empowers you to do.

Training your Mental Fitness has a profound impact on your life. You will...

- ✓ Boost your productivity by minimizing wasted time when your mind isn't helping you.
- ✓ Enjoy more inner peace each day because you'll have a strategy for controlling your thoughts.
- ✓ Develop a growth mindset that improves problem-solving and change management skills
- ✓ Sharpen the ability to concentrate on essential tasks, maintain focus, and prioritize work.
- ✓ Develop self-awareness, self regulation, empathy, and learn to overcome challenges more quickly.
- ✓ Become better at managing conflicts, influencing others, leading effectively and engaging people.
- ✓ Improve the ability to make decisions based on rational thinking, evidence-based analysis, intuition, and long term perspective.
- ✓ Know exactly how to combat negative self-talk, so you can experience less of it over the long-term.
- ✓ Improve the ability to listen actively and establish strong communication skills , express ideas clearly and persuasively.

APP-GUIDED PQ TRAINING BY POSITIVE INTELLIGENCE®

Enhanced by the app-guided PQ platform from Positive Intelligence (PQ), you can access structured, personalized mental fitness exercises and practices at your own pace, facilitating the development of a more positive mindset and lasting emotional resilience.

Daily Practice

15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customized based on how you selfsabotage.

Measurable Progress

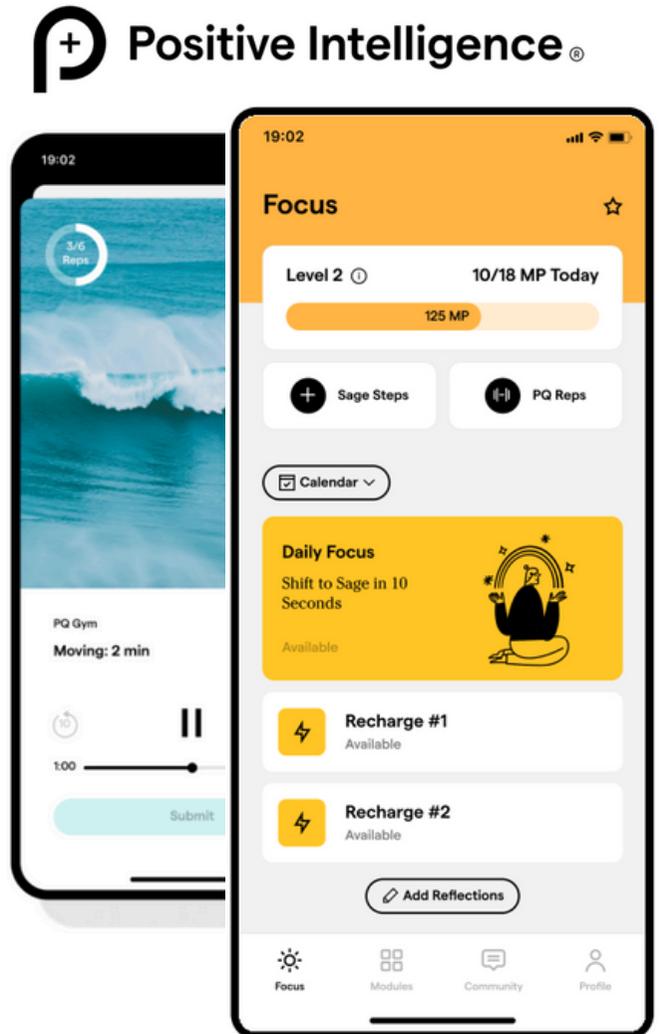
You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

Weekly Focus

Weekly hour-long video delivers deep experiential exploration of the week's focus. You'll feel inspired and energized to practice during the week in order to sustain the benefits experienced during the video sessions.

Coach and Community Support

You'll work weekly with your coach in accountability sessions to ensure your practice is supported, set for success. Research has shown this to be a critical success factor for establishing lasting new positive habits of the mind.



POSITIVE INTELLIGENCE® APPROACH

Focus on Habit Formation

Most trainings result in short-lived improvements. For sustained results, we focus on building neural pathways that form lasting new habits. That's why we call this "mental fitness".

A Platform for Ongoing Growth

Similar to physical fitness, mental fitness is not a short-term training. After the initial six-weeks foundation, our app ensures continued growth through a variety of work and life applications.

Meet the Founder of Positive Intelligence®

Shirzad is the author of the New York Times bestselling Positive Intelligence. He has lectured on Positive Intelligence at Stanford University and has trained faculty at Stanford and Yale business schools.

Shirzad has been the CEO of the largest coach training organization in the world. A preeminent C-suite advisor, Shirzad has coached hundreds of CEOs and their executive teams. His background includes a BA in psychology, an MS in electrical engineering, and an MBA from Stanford.

Treat Root Cause, not Symptoms

Factor analysis of Positive Intelligence research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. You rewire the brain at the root cause level.

Research-Based, Measurable Results

Our research has included more than a million participants from around the globe. Our tools have been field-tested with thousands of tough-minded participants, ensuring their efficacy.

Develop all 3 Core Muscles

Mental fitness requires 3 core muscles. Saboteur Interceptor, Self-Command, and Sage. Meditation only focuses on Self-Command, which is why it is not sustained by most.



LIFELONG APPLICATIONS

Positive Intelligence is an operating system with many applications. In the first seven weeks you develop your three core mental muscles. In subsequent weeks, modules in the app then enable you to use those muscles for a variety of work and life applications.



Leadership

Challenge outmoded Saboteur-led assumptions about how to lead. Learn a leadership model that simultaneously brings out the best Sage qualities in yourself and others.



Performance

Every Saboteur sabotages performance. Develop a personalized performance plan using your Self-Command and Sage Powers for optimal productivity.



Creativity

Discover how your specific Saboteurs sabotage creativity in yourself and others. Learn how to activate and access the deep wisdom of the Sage brain during solo or group activities.



Conflict Management

Harness how your stress is entirely generated by your specific Saboteurs. Learn personalized strategies to shift from Saboteur to Sage response to minimize stress.



Stress

Discover how your specific Saboteurs fuel your conflicts. Learn to apply each of the 5 Sage Powers to shift from conflict to win/win solutions even in the most challenging situations.



Emotional Intelligence

Develop 17 of 18 EQ competencies by simply weakening your Saboteurs and strengthening your Self-Command and 5 Sage Powers.

ROADMAP - MENTAL FITNESS FOUNDATIONS

Mental Fitness Foundations

Getting Ready	Week 1 Prepare for the program Set your goals	Monday - Tuesday Download the app Getting to know the app 30 min	Wednesday - Friday Welcome Module Take assessments Start with the audiobook 60 min	1st week - Weekend New video session Setting my goals 70 min
	Week 2-8 1 Self-Command and PQ 2 Judge 3 Accomplice Saboteurs 4 Empathize 5 Sage, Explore & Innovate 6 Activate 7 Navigate & Applications	Monday Meeting with your coach 30 min	Tuesday - Friday Daily Focus Recharges Reflections 2 min every 3 hrs	Saturday - Sunday New video session Listening to the audiobook 60 - 90 min
	Week 9-10 Keep growing and strengthen your PQ muscles.	Daily Customized Daily Focus Recharges Reflecitons 2 min every 3 hrs	Weekly Work & life application video Community Support & Accountability 60 min	Exclusive Support Live PQ powered coaching session with your Mental Fitness Coach 60 min

BUILD POWERFUL HABITS WITH PQ® TRAINING

You create sustained change toward a more positive mindset by laying down neural pathways to form new habits through consistent daily practice.

Scope: 7 weeks of intensive work

Price: 23.000 CZK (995 USD) without VAT

100% risk-free: 30 day money back guarantee on every purchase

What is included: Mental Fitness coach guides you through the foundational seven-week program from Positive Intelligence where you experience daily practice, a weekly focus, the PQ gym, and community. You can access the content using the [PQ Program Application POSITIVE INTELLIGENCE®](#) and measure your progress. You also attend Pod Meetings facilitated by the coach. These regular coaching sessions provide deep dive and weekly discussion opportunities. After six-week of practice you will continue with two-weeks Mental Fitness Grow program and work&life applications. The Foundations wraps up with 1 live coaching session with the professional coach.

CONTACT

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MEET YOUR COACH



LÍDA KISELOVÁ

Lída is a professional systemic coach with five years of experience who has guided dozens of clients and participated in over 100 internal corporate implementations. She is certified as a PQ coach, Systemic Coach, Synergogy Facilitator and IASSC Lean Six Sigma Black Belt. She uses synergistic approach to achieve highly effective changes that people stand behind. She inspires motivation in people and their desire to develop and transform ineffective ways of functioning.

The driving force behind her work is the desire to fulfill the potential of people, processes, and companies. Over the past 15 years, Lída has helped companies from various industries improve their operations, innovate processes, services, and work organization. In finding solutions, she has led and facilitated teams across different management levels. In addition to her facilitation, training, and consulting practice, she has experience serving as a Lean Expert at Honeywell.

Among other achievements, She is the intellectual and organizational force behind the creation of successful networking events like Lean Summit Czechoslovakia and the Vektoring conference, which aim to provide business owners and management with space for sharing experiences and gaining inspiration in matters of business success, healthy corporate culture, and achieving change.

LÍDA KISELOVÁ (CERTIFIED PQ COACH)

CERTIFICATIONS & EXPERIENCES

- From 2022: Positive Intelligence Coach and Mental Fitness Trainer
- 2022: Synergogy facilitator (certified by Vektoring s.r.o.)
- From 2020: Coach, Facilitator, Consultant, FasterFish
- 2019: Systemic coach (68 hours, certified by V. J. Dvořák, Senior Practitioner EIA-EMCC)
- From 2019: Conference Director of BeExcellent, Lean Summit CzechoSlovakia, Vektoring conference
- 2012 - 2020: Senior Consultant and Lean Six Sigma Coach, SC&C Partner
- 2017: Black Belt (certified by IASSC)
- 2010-2012: Lean Expert, Honeywell Aerospace
- 2009 - 2010: Lean Six Sigma Trainer&Coach, SC&C Partner
- 2009: Studies of optimization a logistics (Molde University College, Norway)
- 2004 - 2009: Mathematical Engineer (master degree BUT)

REFERENCES

- ARTIN
- Edwards
- INFOSYS
- Innogy
- Currys
- D.A.S. pojišťovna právní ochrany
- WOLF
- IG Watteeuw ČR
- Brněnské Teplárny
- ŽPSV
- Continental Barum
- WOCO
- Mondelez International
- Opavia-LU, s.r.o., závod Kolonáda
- Mead Westvaco
- Coaching mothers on maternity leave
- Oncomed Manufacturing
- Komerční banka
- Raiffeisenbank
- DHL Express CZ
- Česká Spořitelna
- Honeywell Aerospace
- Emerson
- Continental Automotive Regensburg
- Continental Automotive Czech Republic
- Siemens, odštěpný závod Industrial Turbomachinery
- Brose
- Poclain Hydraulics
- Motorpal
- Inventec
- Panep
- Robert Bosch
- NAREX
- Pegatron Czech s.r.o.

LÍDA KISELOVÁ (REFERENCES)

Oceňuji velké znalosti a zkušenosti s tématy osobního rozvoje, životy týmů, projektů, řízení změn, přístupů firem. S tímto zázemím a výborným lidským a profesionálním přístupem mi Lída pomohla v těžkých profesních situacích přesně tak, jak bylo potřeba - kde jsem měl skryté odpovědi v sobě, dostala mě k nim, kde jsem potřeboval nadhled nebo nový pohled, přinesla ho. Spolupráce s Lídou mi vyhovuje po každé stránce. Vidím zlepšení jak v pracovním tak osobním životě.

Radek Hollein, Scrum Master, Progress Heroes

PQ Program mi velmi pomohl se zklidnit, vypořádat se rychleji se stresem, který moje práce i soukromý život přináší. Vyhovovalo mi věnovat se cvičením pár minut několikrát denně. Ze začátku jsem byla skeptická a myslela si, že obzvláště sdílení pokroku a každodenních problémů není nic pro mě. Opak se ale ukázal být pravdou 😊 Síla toho, že vše procházíte společně ještě s někým je neuvěřitelná. Lída jako mentorka mi neuvěřitelně pomohla a to i významně nad rámec programu. Moc za to děkuji.

Miroslava Jelínková, Procurement Manager, Edwards s.r.o.

Program Positive Intelligence mi pomáhá rozpoznat v každodenním životě okamžiky, kdy kvůli sabotérům sklouzávám zbytečně do stresu a pochybování o sobě samotné. Každodenní krátké zastavení a zamyšlení se nad svými prožitky, na kterém program staví, mi pomáhá lépe čelit náročným situacím.

Lucie Vaculová, Key Account Manager, ARTIN

Program Pozitivní Inteligence mi poskytl zajímavou možnost sebepoznání. Program vyžadoval velké množství investovaného vlastního času, který ale hodnotím jako dobře využit, podařilo se mi díky tomu lépe porozumět sobě samé a mému vnímání světa. Přináší mi to lepší fungování s týmem i v soukromém životě a dokážu lépe zvládat stresové situace. I když si v nějaké situaci nevím rady, stačí mi často se vrátit k myšlenkám a postřehům z programu a můžu se na vše podívat s nadhledem a najít řešení. A neustrnout v negativních myšlenkách. Děkuji Lídě Kiselové za tuto cennou zkušenost.

Michaela Vaňharová, Marketing Lead, ARTIN