LEADERSHIP TRAINING: POSITIVE INTELLIGENCE PROGRAM & COACHING

LeaderBridge, in partnership with Nonprofit Coach and Consultant Bob Wittig, is offering a Positive Intelligence cohort program and executive coaching for local nonprofit Executive Directors.

“Spending time with a group of fierce, committed, leaders was wonderful. Bob is a kind and caring facilitator that took us through a journey of bettering our Emotional Resilience through the PQ program. I highly recommend Bob and the Positive Intelligence program for anyone curious about how to incorporate daily practices that will make you a steady, compassionate, and skillful leader.”

Diana Ortiz, President and CEO, Doorways

Positive Intelligence (PQ) works with nonprofit executives to learn how to strengthen the wise, responsive part of your brain and quiet the part of your brain that can sabotage you and your leadership. By the end of the program you will have tools to help you handle leadership challenges with a more positive mindset and less stress.

The program is designed to accommodate busy executives, so you can fit the program into your schedule. Take the time and enroll, you and your leadership are worth it!

- 6-week, virtual program
- Cohort model with up to 6 Executive Directors/CEOs
- April 22-June 6, 2023 (exact dates TBD)

ELIGIBILITY, APPLICATION, AND MORE INFORMATION:

To be considered for participation you must:

- Executive Director of a nonprofit in the Greater Washington region
- Identify as a person of color or of diverse background and work at a locally-based, locally-serving nonprofit
- Make a contribution of at least $160 to participate (LeaderBridge covers the rest of the fee)

Use this link to apply by **April 14th, 2023**: 2023 LeaderBridge Positive Intelligence Application
POSITIVE INTELLIGENCE is a 6-week program based on the best-selling book by Shirzad Chamine. The Positive Intelligence Operating System has three parts: Saboteurs, Self-Command, and Sage.

**SABOTEURS**
Saboteurs hijack you through negative emotions like fear, stress, anger, guilt, shame and insecurity. They cause you to react rather than respond.

**SELF-COMMAND**
Strengthen your mental muscle so you can move from negative Saboteur energy to positive Sage energy.

**SAGE**
Your Sage Powers motivate you to respond through positive emotions like empathy, curiosity, creativity, passion and purpose.

**WHAT CAN POSITIVE INTELLIGENCE DO FOR YOUR LEADERSHIP?**
- Gain self-awareness of when and how you’re hijacked and learn how to bring your Sage Powers to your leadership
- Boost performance, collaboration, and leadership skills
- Improve conflict management skills
- Increase emotional self-awareness
- Learn to manage your mind instead of your mind managing you!

“I highly recommend this course to leaders who need help discovering their sage. The sage was critical in any area of life, it will help you as well as those who are around you. This program helped me immensely as I discovered the sage inside of me.”

Kenneth Parker, Executive Director, Literacy Volunteers & Advocates

**APPLY BY APRIL 14TH!**
PARTICIPANT COMMITMENT:

- Attend the Positive Intelligence orientation session prior to the first video release date of 4/22/23 (To be scheduled)
- View 7 weekly, 1-hour videos (released each Saturday for weekend viewing)
- Attend weekly, 30-45 minute Pod meeting to discuss video and PQ concepts
- Participate in a one-hour, individual coaching session
- Commit to at least 15-minutes of daily PQ practice (available on the free PQ app)
- Commit to completing the entire program (if you have a vacation or other major commitment scheduled during the program period, best to wait for another time)
- Eight chapters of Positive Intelligence are provided to read or listen to during the program

QUESTIONS?

Contact Bob Wittig at bobwittig@gmail.com

For more information visit: https://www.positiveintelligence.com/
OPTIONAL COACHING

At the end of the Positive Intelligence program, participants will have the opportunity to enroll in 6 sessions of coaching with ACC Certified Coach, Bob Wittig, (bobwittig.org/coaching)

Coaching provides an opportunity for the Executive Director to take a step back and assess, reimagine, and reenergize their leadership.

Bob brings a variety of modalities to the coaching experience including: Positive Intelligence, Designing Your Life, Nonviolent Communication, and mindfulness.

The goal is for the coachee to find solutions on how best to move forward with confidence.

Some examples of challenges or issues explored during coaching:

- Work/Life balance (burnout)
- Delegating to and motivating staff
- Challenges with your board or staff
- Experiencing imposter syndrome
- Prioritizing work to address overwhelm

ELIGIBILITY:

- Executive Director who has completed the six-week Positive Intelligence program offered through LeaderBridge.
- Opt-in by May 26th, 2023
- Make a contribution of $960 for the 6 coaching sessions. LeaderBridge covers the rest of the $1,200 fee

“The one-on-one coaching sessions were really helpful! For those considering this, I want to say, you’re worth the time and effort but only you can make it happen. Prioritize yourself today!”

Maralee Gutierrez, Founder and Executive Director, Comunidad