

Sueño Consulting LLC

Realize your dreams, transform your life

Launch Your Path to Transformation with *The Positive Intelligence Program* Beginning Monday, July 10th at 4:30 p.m. MT on Zoom

In this 8-week group-coaching program you will work with a small cohort to develop powerful habits for self-mastery.

You will learn to tame your inner critic and access your higher "Sage" self to create the sustainable changes you've been longing for.

The Positive Intelligence Program includes:

- The Positive Intelligence® App with daily guided exercises based on the weekly videos, designed to build your mental muscles, and help you easily incorporate new habits into a busy life
- 8 weekly 45-minute small group coaching sessions on Zoom
- Access to an online community gives you the option to learn and share your experience with people from around the world

Positive Intelligence Program Overview:

Week 1: Meet your Group

Week 2: Boost your Self Command

Week 3: Intercept the Judge

Week 4: Intercept your Inner Critics

Week 5: Shift from Self-Sabotage into your Sage

Week 6: The Power of Empathy

Week 7: Innovate and Activate your Superpowers Week 8: Integrate

Are you ready to transform?

Please contact Sondra for pricing and additional information.

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Website