IP BEST PRACTICES

The Positive Intelligence Quotient (PQ)

A best practice shared by Cornelia Schlatt.

Generated on 22 November 2026

The Positive Intelligence Quotient (PQ)

Strong leaders train more than skills — they train their minds. PQ reveals how often your mind helps or hinders you, building positive mental habits to lead with calm and clarity.

Key steps

Assess your mental fitness: start with a simple yet powerful self-assessment, the PQ Score, which reveals how often your mind works for you (Sage mode) vs. against you (Saboteur mode).

Understand your inner landscape and build the bridge from self-awareness to self-leadership — what are your top Saboteurs and how do they impact performance, leadership, collaboration, and cultural tone.

Build daily mental fitness: just like physical fitness, mental fitness can be trained.

CONTACT

InspiringPeople

ADDRESS

Maliebaan 45

3581 CD Utrecht

The Netherlands

PHONE

+31 84 00 38 999

EMAIL

contact@inspiringpeople.com



“Inspire to engage”