

**The Ultimate
21st Century
Team
Transformation &
Mindset Coaching**

- Business Coaching
- Engagement & Inspiration
- Real Team Building
- Human Sigma
- Revolutionary Workplace

**Corporate
WoWshops**

- TimeShift
- TeamShift
- SalesShift
- TrustShift
- ServiceShift
- SpeakerShift
- Leadershift
- MindShift
- StrategyShift

**Personal
WoWshops**

- LifeShift
- WealthShift
- The Phoenix Adventure
- Dragon Slayers
- The Alchemist

AQ – Adversity Intelligence – Resilience

Turning Your Stress and stumbling Blocks Into Your Stepping Stones Of Success

What are the skills, attitudes and abilities required for you or your Team to truly succeed? Why is it that some people give up at the first sign of adversity or stress, and others are able to overcome almost any obstacle?

So often people with equal ability, assets, skills and opportunity just don't make it! What is it that makes the core difference? AQ, developed by Dr. P Stoltz (USA) will show you why some thrive and some dive.

AQ/ adversity Intelligence is the meeting of 3 scientifically backed mainstream fields of human studies:

- PNI – Psycho-nuro-immunology
- Neurophysiology
- Cognitive Psychology

Scientifically and statistically supported with thousands of research papers, tests and existing information, AQ / Resilience comes out of as the most predictable form of success prediction for Teams and individuals.

Adversity Intelligence is the tool used to measure what needs to be addressed for your staff / Team to ascend the "mountain". AQ predicts performance, motivation, empowerment productivity, emotional health, persistence, resilience, attitude, energy, creativity, learning happiness and vitality. The higher your AQ or the Teams' AQ/Resilience... the more valuable you are to yourself and your team.

AQ is the measurement of one's ability to prevail in the face of adversity. AQ is the measurement of the defining line between "Quitters", "Campers" and "Climbers". Through AQ/ Resilience profiling we measure a persons or a Teams CORE ability in 5 distinct areas:

- **Control** – real or perceived
- **Origination** – who created the adversity? - (Criticism , Naming, Blaming, Shaming)
- **Ownership** – who owns the adversity? - (Responsibility, Response–ability)
- **Reach** – How far will this challenge reach into other areas of my life and business?
- **Endurance** – How long will the Cause last and how long will the problem last?

AQ is an indispensable tool for managers, leaders, parents and students and real team building activities. Once you identify your self-defeating patterns of reaction and response to life's challenges, you can redesign new strategies and perspectives to empower you to meet new challenges more appropriately and effectively.

Once you understand your AQ you can begin to understand why you are where you are in life. To improve/ learn in the different areas of life we need to know that there is room for improvement. This helps individuals and for REAL Team building Activities

With AQ you can learn to:

- Create a new paradigm that will shift negative encounters or losses into opportunities
- Increase self-management, stop blaming and reduce emotional sabotage
- Interrupt pre-defined "non-effective" reactions to problems and challenges
- Reduce set-back recovery times and resiliency factors
- Overcome the debilitating setbacks of stress and miscommunications
- Increase health, happiness and well being and reduce stress.
- Increase understanding and communications in your team or company
- Enhance your competitiveness, creativity and learning ability

AQ profiling is purely a measurement. Life Masters delivers Revolutionary Workplace workshops that are specifically designed to evaluate, and then INCREASE your individual AQ or the Team / Company's AQ to reduce stress, conflict, emotional static and learned helplessness. Our Revolutionary Workplace process helps people can become more productive, creative, happier and competitive whilst performing in today's ever changing environment of threats, challenges, and setbacks. Reverse the hopeless – helpless spiral forever.

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Resilience: Adversity Intelligence / The AQ Mindset

The higher your AQ the more valuable you are to yourself and your company. AQ controls your energy, Focus, Self Talk, mind-set, attitude, approach... and your results. Hi Resilience people handle Stress better. AQ measurement reveals the level of a person's ability to prevail in the face of adversity. AQ is the measurement of the defining lines between "Quitters", "Campers" and "Climbers". We measure a persons, or a team's, resilience in 4 areas:

- **Control** – real or perceived control of circumstances or a situation.
- **Origination/Ownership** – who created the adversity? - (Criticism, Naming, blaming, Shaming) Ownership – who owns the adversity? - (Responsibility, Response–Ability)
- **Reach** – How far will this challenge reach into other areas of my life and business?
- **Endurance** – How long will the Cause last and how long will the problem last?

6 Steps to building your AQ – Adversity Quotient/Resilience

Learn to turn your stumbling blocks into stepping stones.

There is a specific and potent process of reversing your "victim" voice and re-engaging your inner resilience. It starts with Self Awareness and the power to choose a new mindset and attitude.

For each level - ask the questions and SWIFTLY act on your answers. Incrementally you will become more aware of the shifts in your approach. Stay aware of your internal voice and adjust it to a more positive appreciative approach. Set the intention to become fully aware of how your past mental programmes and "thought-viruses" may be pointlessly infecting your thinking and feeling, which directly impacts your actions & results.

Step 1 – Energy

- What can I do right now to elevate my energy levels?
- Where am I leaking that I can stop it now?
- What can I do to create, maintain and manage my energies? Food, sleep, exercise, mindset, focus?

Step 2 – Identity

- What must shift in me, to enable me to handle this better?
- How must I see myself different, more powerful, and more response-able?

Step 3 - Listen to your AQ/resilience response

- Was my internal voice/chatter a high or low resilience response?
- Was it constructive or destructive?
- What can I do NOW to enhance this internal voice?

Step 4 - Explore origins & ownership of the result

- What are the possible origins of the adversity? What portion of this adversity is my responsibility?
- What, **specifically**, could I have done better? What aspects of the results should I choose to own?
- What can I do NOW to change and improve this?

Step 5 - Analyze

- What evidence is there that I have *no* control here?
- What evidence is there that the adversity *has* to affect other areas of my life?
- How can I contain the situation or event?
- What evidence is there that the adversity *must* last any longer than necessary?

Step 6 - Do something NOW- Take Action!

- What can I do NOW to gain a little more control over this?
- What could I do to limit the reach or duration of this adversity/challenge?
- What are my greatest wisdoms I can gain from this experience?

"Your Mindset Matters most in ENSURING Success in every area of your life." – Tony Dovale