

# Mental Fitness Programme (PQ)

The Mental Fitness Programme is an 8 week course available to anyone working within General Practice in Humber & North Yorkshire (HNY) or West Yorkshire (WY). Thanks to the support of HNY Health and Care Partnership and WY Health and Care Partnership, this opportunity is available free of charge.

This programme utilises the Positive Intelligence (PQ)® Programme which is based on the work of Shirzad Chamine in the area of Positive Psychology research at Stanford University. The programme teaches individuals how to achieve sustained positive change by strengthening mental fitness through daily practice.

Mental Fitness is the capacity to respond to life's challenges with a positive rather than negative mindset. The benefits of Mental Fitness are:

- **Achieving peak performance**
- **A sense of wellness/wellbeing**
- **Sustaining healthy relationships**

All of which are essential for staff resilience and retention within General Practice.

You will be given a place within a 'pod' made up of 5 attendees and 1 PQ Coach.

## Who can enrol on the programme?

To take part in this programme you simply need to be able to answer yes to all of the following questions:

- Do you work in a GP practice within HNY or WY?
- Are you able to attend most of the pod meetings for pod A or B or C?
- Are you willing to engage in the PQ app activities (15 min daily plus a 1 hour video weekly)?
- Are you willing to provide anonymised feedback via a survey?

## How to enrol on the programme

Complete the expression of interest form and return it to [info@gpmplus.co.uk](mailto:info@gpmplus.co.uk) by 28 February. Spaces are limited and will be confirmed on a first come first served basis, with priority given to those who are able to attend all pod sessions for either pod A or B or C.



## Mental Fitness

### Definition:

Your capacity to respond to life's challenges with positive rather than negative mindset

# Weekly topics

Each pod will meet once a week for 8 weeks as detailed below.

- **Week 1** – introduction to the Mental Fitness Programme
- **Week 2** – boost your self command muscle: self command is key to intercepting unhelpful mental habits and rewiring your brain to respond more effectively
- **Week 3** – intercept the judge saboteur: discover how judging yourself and others is a key source of stress and can damage your performance
- **Week 4** – intercept your accomplice saboteurs: understand and intercept the 9 saboteurs that influence the way you think, feel, and behave
- **Week 5** – shift from saboteur to sage: strengthen your sage which generates all your positive emotions, and achieves peak performance through a calm and clear mind
- **Week 6** – boost the sage powers: understand the 5 sage powers considered crucial to personal and professional success
- **Week 7** – take clear-headed, laser-focused action: use what you have learnt to take decisive action
- **Week 8** – Closing session



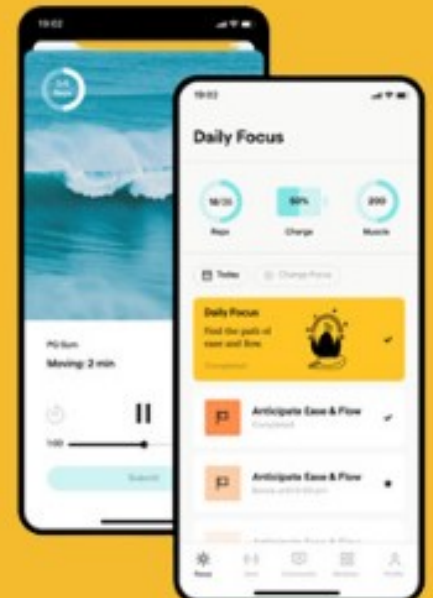
# The PQ App

You will be given access to the PQ App which provides daily practices and additional resources including:

- **Access to the audiobook 'Positive Intelligence by Shirzad Chamine'**
- **Access to a weekly video designed to inspire and energise attendees in between their pod meetings**
- **Access to a self assessment including a report of the results**
- **Access to daily mindfulness practices – 15 min per day**

You receive access to the app for a period of 1 year. After this time there is an option to continue with a subscription to the app, however there is no requirement to do so.

If you choose to subscribe to the app this will be outwith the GPMplus programme and will be a separate agreement between you and PQ.



# Weekly timetable

Pod meetings will take place via zoom as follows:

	Pod A	Pod B	Pod C
Intro	Tue 19 March, 7pm		
Week 1	Mon 8 April, 6pm	Mon 8 April, 7.30pm	Tue 9 April, 7pm
Week 2	Mon 15 April, 6pm	Mon 15 April, 7.30pm	Tue 16 April, 7pm
Week 3	Mon 22 April, 6pm	Mon 22 April, 7.30pm	Tue 23 April, 7pm
Week 4	Mon 29 April, 6pm	Mon 29 April, 7.30pm	Tue 30 April, 7pm
Week 5	Mon 6 May, 6pm	Mon 6 May, 7.30pm	Tue 7 May, 7pm
Week 6	Mon 13 May, 6pm	Mon 13 May, 7.30pm	Tue 14 May, 7pm
Week 7	Mon 20 May, 6pm	Mon 20 May, 7.30pm	Tue 21 May, 7pm

## Sustaining the benefits beyond the programme

In order to help you sustain the benefits and changes you experience during the 8 week programme, you will be invited to attend regular post pod support sessions as follows:

To add dates	Pod A	Pod B	Pod C
Session 1	Mon 17 June, 6pm	Mon 17 June, 7.30pm	Tue 18 June, 7pm
Session 2	Mon 15 July, 6pm	Mon 15 July, 7.30pm	Tue 16 July, 7pm
Session 3	Mon 12 Aug, 6pm	Mon 12 Aug, 7.30pm	Tue 13 Aug, 7pm
Session 4	Mon 9 Sept, 6pm	Mon 9 Sept, 7.30pm	Tue 10 Sept, 7pm

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