

Reverse your Learned Helplessness... by Turning Your Stuckness, 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 can overcome almost any obstacle?

So often people with equal ability, skills, potential, and opportunity, just don't make it! What is it that makes the core difference? The difference that makes the REAL DIFFERENCE is...AQ (Adversity Intelligence), or Resilience. Developed by Dr. P Stoltz, AQ will show you why some dive and crash, with their Learned Helplessness, and why others thrive and fly, in these tough VUCA times and the Fourth Industrial Revolution.

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

- PNI – Psycho-Neuro-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 reliable form of success prediction for teams and individuals as well as organisations.

Adversity Intelligence is the tool used to measure what needs to be addressed for your staff / Team to flourish and thrive, or ascend the "mountain". AQ predicts performance, motivation, empowerment, productivity, emotional health, persistence, attitude, energy, creativity, learning, happiness, and vitality. The higher your AQ or the Teams' AQ/Resilience... the more resourceful and 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". The opposite of Resilience is Learned Helplessness, where people, like the circus elephants, have been TAUGHT, that they cannot success.

Through AQ/ Resilience profiling we measure a persons' or a Teams' CORE ability in 5 distinct areas:

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

AQ is an indispensable tool for managers, leaders, parents, students, and real team building activities. Once you identify your self-defeating patterns of reaction, and response, to life's challenges and Learned Helplessness Beliefs, you can design new strategies, self-talk, identity, and mental perspectives, to empower yourself, to meet and overcome any new challenges more appropriately and effectively.

Once you understand your AQ scores, you can begin to understand why you are where you are in life. To learn and improve in the different areas of life we need to know where there is room for improvement. The AQ Resilience framework helps individuals, and helps align an effective REAL Team building process, to focus on relevant development aspects and areas.

With AQ/ Resilience improvement, You Can Learn To:

- Create a new paradigm that will shift negative encounters or losses into positive opportunities.
- Increase positive self-management, stop blaming, and reduce emotional sabotage
- Interrupt pre-defined "non-effective" reactions to problems and challenges – better self-talk
- Reduce set-back recovery times and enhance your inner mindsets resiliency factors
- Overcome the debilitating setbacks of stress, strife, and miscommunications
- Increase health, happiness, wellbeing, and reduce duress and distress.
- Increase understanding and clear communications in your team or company.
- Enhance your people's commitment, contributions, competitiveness, creativity, and learning agility.

AQ profiling is purely a measurement of where you are right now. Life Masters' Revolutionary Workplace is the process specifically designed to evaluate, and then INCREASE, your individual AQ, or the Team / Company's AQ. This resolves emotional static, drama, trauma, and learned helplessness. Now you can reverse the hopeless–helpless spiral & grow potent GO Mindsets.

6 Steps to Reverse Your Learned Helplessness and Build Your AQ.

The proven Revolutionary Workplace process helps people, and teams, to become more productive, creative, happier, and competitive, whilst optimally performing in today's ever-changing and challenging VUCA environment.

There is a specific and potent process of reversing your inner “victim” voice, (Learned Helplessness) and re-engaging your potent inner resilience (psychological Capital). It starts with Self-Awareness, greater levels of consciousness, and the mental power to focus on a more effective Growth-Optimised mindset, & positive self-talk and attitude.

For each Step - ask the questions and SWIFTLY act on your answers. Incrementally you will become more aware of the shifts in your mindset and 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 programs and “thought-viruses” are infecting, and affecting, your thinking and feeling. This directly impacts your state, actions, and 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?

Learned-Helpless is the most insidious, and invisible, serious productivity and performance, constraint, that blocks your people from activating, aligning and achieving their fullest potentials and possibilities.

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

To get your OWN AQ Coach – Contact IC-MI.com for our specials