

Buki Ishola

ELEVATE 'YOU'



Welcome!

I'm Buki Ishola, an Executive and Career Coach with a focus on supporting professionals of African heritage thrive at work and be high performing, purposeful and powerful leaders. My expertise are in the areas of **personal performance, career progression and mental fitness**.

This information pack is specifically about the **mental fitness aspect of my work**.

I have taken an interest in the Positive Intelligence / Mental fitness Program after going through it and experienced the tremendous impact it made on my well-being particularly in relation to reducing stress, managing my energy levels and building more effective relationships. I have also seen my clients and clients of my colleagues in the coaching industry go through the mental fitness program and achieve the same result.

I am now affiliated with the creators of the Positive Intelligence / Mental fitness Program. I'm trained and licensed to help others improve their lives using the principles of mental fitness and the app that supports it.



What is mental fitness?

If you're not **physically fit**, you'd feel **physical stress** as you climb a steep hill.

If you're not **mentally fit**, you'd feel **mental stress**, such as anxiety, frustration, or unhappiness, as you handle work and relationship challenges.

Mental fitness is a measure of the strength of your positive mental muscles (Sage) versus the negative (Saboteur).

This measure of your Mental Fitness is called PQ (Positive Intelligence Quotient).

As you can increase your physical fitness, so you can increase your PQ by working on your mental muscles.

The PQ program described on the next page is a synthesis of the latest breakthroughs in neuroscience, cognitive and positive psychology, and performance science.

Results:

Improved performance and productivity

Calm, clear and happy mind



Details of the Mental Fitness/ Positive Intelligence Program

6 weeks of the Positive Intelligence app program that includes training videos and workouts in the mental fitness gym

Watch 1-hour weekly video (on weekend or Monday)
15 minutes/day of practice on the app

Meet with a small group of like minded professionals on Monday evening to share learnings and experience. I will share insights, coach and answer your questions arising from the program.

Continued access to the app for an entire year.

Benefits of the Program: Better Performance
Peace of mind/wellness, Healthy Relationships

See full details of the program here:

<https://www.positiveintelligence.com/program/>

You may take the free PQ assessment here:

<https://www.positiveintelligence.com/assessments/>

Kick off: May 10	Introduction and Prep for the Program
Week 1: May 17	Training on how to boost the command of your mind
Week 2: May 24	Understand the operations of the inner critic/chatter that interferes with performance and how to weaken it
Week 3: May 31	Understand specifically how you sabotage yourself and gain strategies to manage these. The information here is tailored to each participant.
Week 4: June 7	Learn how to engage the right brain ('Sage') under stress and other times when it matters most
Week 5: June 14	Further training and practise on engaging the right brain and strategies for doing this
Week 6: June 28	Action and application to facets of life
Week 7: July 5	Reflections and continuing your practice

Testimonial

“I started the Mental Fitness Programme at a point in my career where I felt stuck in my mind. I wanted to make a significant career move and knew that was the next thing for me but I didn't know how to go for what I wanted. The programme helped me to get unstuck, opening my eyes to things I overlooked that were holding me back. The best part were the 'mind gym sessions' which really helped to calm and overcome work-related anxiety. I recommend the programme and especially the recommended daily exercises, as it really does help to create a calm, clear and happier mind.”

Bridget O, Business Analyst, Completed the mental fitness program in Feb.2021



Testimonial

I have benefited immensely from the Mental Fitness Programme that Buki facilitated. The programme has helped me to have a positive shift in my approach to work, family, relationships and life in general. It was enlightening learning about the saboteurs, the sage, what each of them do, how to weaken the saboteur, strengthen the sage and many more. As I went through the programme and even after I completed it, I found myself being more at peace rather than being anxious. There are days, of course, when things don't go as planned but I'm able to 'surf' and 'engage my sage'. The programme is packed with lots of benefits which helps you in virtually every facet of your life. I believe I got the most from the programme because of the way Buki facilitated the sessions, her nuggets throughout the weekly discussion, her coaching and the openness from those in my group. Buki was brilliant in explaining the concepts raised during the programme and the application in personal real life experience. Thank you!

Tosin O, Oil & Gas Tax Business Partner; Completed the mental fitness program in Feb.2021



Details of the next mental fitness program

Starts on **May 10 2021**

Small and intimate group of experienced, senior and mid-career professionals

Retail price: \$995/£750

see here: <https://www.positiveintelligence.com/program/>

Discounted sign up through me, as your coach:

~~\$995/£750~~ **£375**

Limited spaces – filled on a first come, first serve basis. Place is not confirmed until payment is made. No refunds available. In the unlikely event of the program not going ahead, full refund will be provided.

Take Action: Contact me to secure your place:

Email: buki@citadelcoaching.co.uk

DM me on LinkedIn: <https://www.linkedin.com/in/buki-ishola/>

Mobile: +44 (0) 7931 567 419



Questions

Full details of the programme and FAQ here: <https://www.positiveintelligence.com/program/>

Take your free PQ assessment here: <https://www.positiveintelligence.com/assessments/>

Questions on how the groups will run:

Email: buki@citadelcoaching.co.uk

DM me on LinkedIn: <https://www.linkedin.com/in/buki-ishola/>

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