



Thrive Through Change by Cultivating Mental Resilience

Virtual 8-Week Group Coaching Program

Rewire your brain for peak performance, stronger leadership, and sustainable well-being using the science-based Positive Intelligence® (PQ) framework.

Why Mental Resilience Matters - Especially Now:

The Problem

Constant change, pressure, and uncertainty quietly erode performance, leadership effectiveness, relationships, and well-being.

Research shows that 90% of leaders are driven by internal Saboteur patterns that fuel stress, conflict, and burnout – impacting individuals, teams, and organizational culture.

The Solution= The PQ Framework

Strengthen the *three* core mental muscles that determine how to respond to challenges:

1. **Saboteur Interceptor:** Quickly recognize and interrupt unhelpful thought patterns.
2. **Sage Super Powers:** Respond to challenges with clarity, creativity, and calm: Empathize, Explore, Innovate, Navigate, and Activate.
3. **Self-Command:** Strengthen your ability to respond intentionally under pressure.

This program is ideal for leaders, individual contributors, teams, and organizations experiencing ongoing change who want to build *sustainable performance*, not rely on short term band-aid solutions.

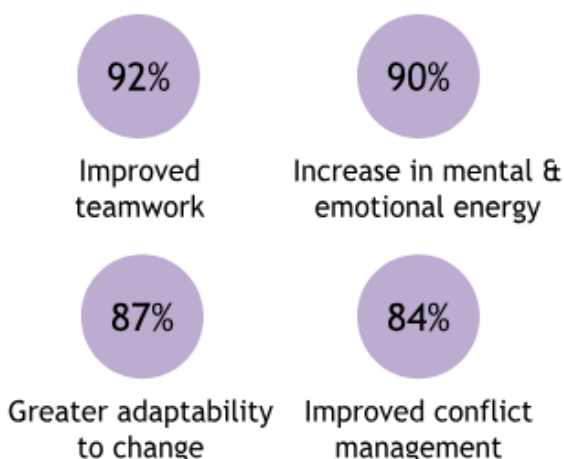
The 8-Week Journey



What's Included:

- Exclusive PQ App, including access for one year after completing the program.
- Weekly Video Tutorials from PQ founder Shirzad Chamine.
- PQ Gym: guided PQ rep sessions to build your mental self-command muscle when emotionally triggered.
- Weekly Live Learning Pod Sessions (4-5 members): 60-minute facilitated group coaching to process and apply learning.
- Continue the learning with self-paced PQ Application Modules once the 8-week program is complete on a variety of practical topics.

Proven Participant Results



What Clients Are Saying

“This workshop gave our team a shared language around stress and reactivity. We’re having better conversations and making more intentional choices every day.”

– Senior Leader, Technology Company

“The tools were simple, powerful, and immediately applicable. I noticed a shift in how I responded to pressure within the first week.”

– Director, Healthcare Organization

“Rachel created a safe, engaging space that made real change possible. This wasn’t theoretical—it was transformational.”

– HR Executive, Professional Services Firm

Meet Your Coach and Facilitator

Rachel Karu, MS, PCC – Executive coach, speaker, and facilitator with 20+ years of Human Resources and organizational leadership experience. Founder of Stepping into More, Rachel empowers high achievers and leaders to build Mental Resilience, overcome burnout, and lead with clarity, energy, and purpose.

Rachel earned her Master’s of Science in Counseling for Business, her Professional Coaching Credential (PCC) through the International Coaching Federation (ICF), and is a Certified Positive Intelligence (CPQC) and Strengths Coach. Rachel is Past President for ICF, Los Angeles and served on their Board of Directors for seven years. Rachel served as Co-Leader for the ICF virtual community: Coaching and Human Capital Community of Practice for three years.



Empowering high achievers
to reignite their energy,
clarity, and purpose



Rachel Karu, MS, PCC, CPQC
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