



# Executive Individual Mental Resilience Coaching for Leaders Navigating Constant Change

## Two Options. One Outcome: Stronger, More Resilient Leadership Two Ways to Engage:

### Option 1: Continue Momentum After the 8 Week Virtual Program

#### *From Insight to Integration*

You've built the foundation—identified your Saboteurs, strengthened your Sage, and experienced mental resilience in action.

Executive coaching helps those gains stick.

Through individualized sessions, leaders apply Positive Intelligence® (PQ) practices to real business challenges—so calm focus, creativity, and confidence become the default, even in high-stakes moments.

*“The 8-week program gave me powerful insights. Private coaching is what made them stick. I’m calmer in high-pressure moments and far more intentional in how I lead my team.”*

*— Senior Leader,  
Professional Services*

#### **Ideal for leaders who want to:**

- Sustain and deepen results from the 8-week program
- Apply PQ tools to real-time decisions
- Navigate growth and change with clarity and steadiness

### Option 2: Stand-Alone Executive Coaching

#### *A Personalized Path to Mental Resilience*

For leaders seeking a customized, one-to-one experience, this coaching engagement delivers the core benefits of Positive Intelligence® (PQ)—no prior program required.

Sessions focus on identifying and weakening Saboteur patterns while strengthening Sage responses to improve performance, communication, and decision-making.

*“I chose private coaching because I needed space to think clearly during a major transition. The work helped me slow down my reactions, make better decisions, and lead with confidence when it mattered most.”*

*— Founder & CEO,  
Growing Technology*

#### **Ideal for leaders who:**

- Want confidential, one-to-one support
- Are navigating complex or sensitive challenges
- Prefer a customized pace and focus
- Are leading through change or uncertainty

## What is Positive Intelligence?

The Positive Intelligence® (PQ) System is a neuroscience-backed framework that strengthens performance, well-being, and relationships across your organization. Through practical tools and real-world application, it helps leaders build resilience, improve collaboration, and create a culture of growth and innovation.

## The PQ System is Trusted by Leading Organizations:



## The "Momentum Gap":



- Business leaders often lose 50% of their coaching gains within 3 months without a structured integration plan.
- Individual coaching ensures that your best version of yourself (we call this the Sage Perspective) becomes your default operating system for high-stakes decisions.

## What 1:1 Coaching Delivers



- Custom Roadmap: Apply PQ principles to your specific personal and leadership challenges, team dynamics, and scaling pains. PQ principles applied directly to your business realities—strategy, people leadership, financial pressure, and growth challenges.
- Safe Harbor: A private space to dismantle the "Judge" and other Saboteurs in the context of sensitive business dynamics.
- Deep Dive: Focus on your specific top Saboteurs that most impact your leadership, effectiveness, and energy.
- Strategic decision support.
- Learn to access your Sage perspective quickly and consistently when the stakes are highest.
- Sustained behavioral change.
- Build Mental Resilience habits that hold under pressure, not just in calm moments.

## Meet Your Coach

### Rachel Karu, MS, PCC, CPQP

Rachel is a seasoned leadership coach, speaker, and facilitator, dedicated to empowering high achievers reclaim energy, clarity, and purpose. A "recovering perfectionist," Rachel brings 20+ years of Human Resources, Leadership Development, and Executive Coaching experience to help leaders unearth their "True North." Rachel brings a unique blend of practical tools and deep insight into human behavior. She partners with leaders to quiet their inner "Saboteurs" and unlock sustainable performance and well-being.

She is the Founder of Stepping into More – a professional and personal development company. She earned her Professional Certified Coach (PCC) through the International Coaching Federation (ICF), and is a certified Positive Intelligence Coach, and a Strength Based Coach. She holds an MS in Counseling for Business and is the author of Stepping into More: Lessons from a Recovering Perfectionist.

She served on the ICF Los Angeles Board for seven years and co-led the ICF Coaching and Human Capital Virtual Community of Practice.

Rachel is the author of \*Stepping into More: Lessons from a Recovering Perfectionist\*, along with a companion CD of inspirational songs. In both, she shares her personal journey of how perfectionism led her away from her creative self-expression—and how a life-changing car accident ultimately helped her reconnect with her voice.

## Next Step

Schedule a PQ Strategy Session to explore whether executive coaching is the right next step—either as a continuation of the group program for deepening integration or as a stand-alone engagement.

**Empower yourself, to thrive through change by building your Mental Resilience**



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

**STEPPING**  
into  
**MORE**

**Rachel Karu, MS, PCC, CPQC**  
Professional & Personal Development Coach, Speaker & Author