

ICF

Netherlands
Charter Chapter

Resilience by Design

WITH POSITIVE INTELLIGENCE

15th of Jan 2026



Ela Rath



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Program

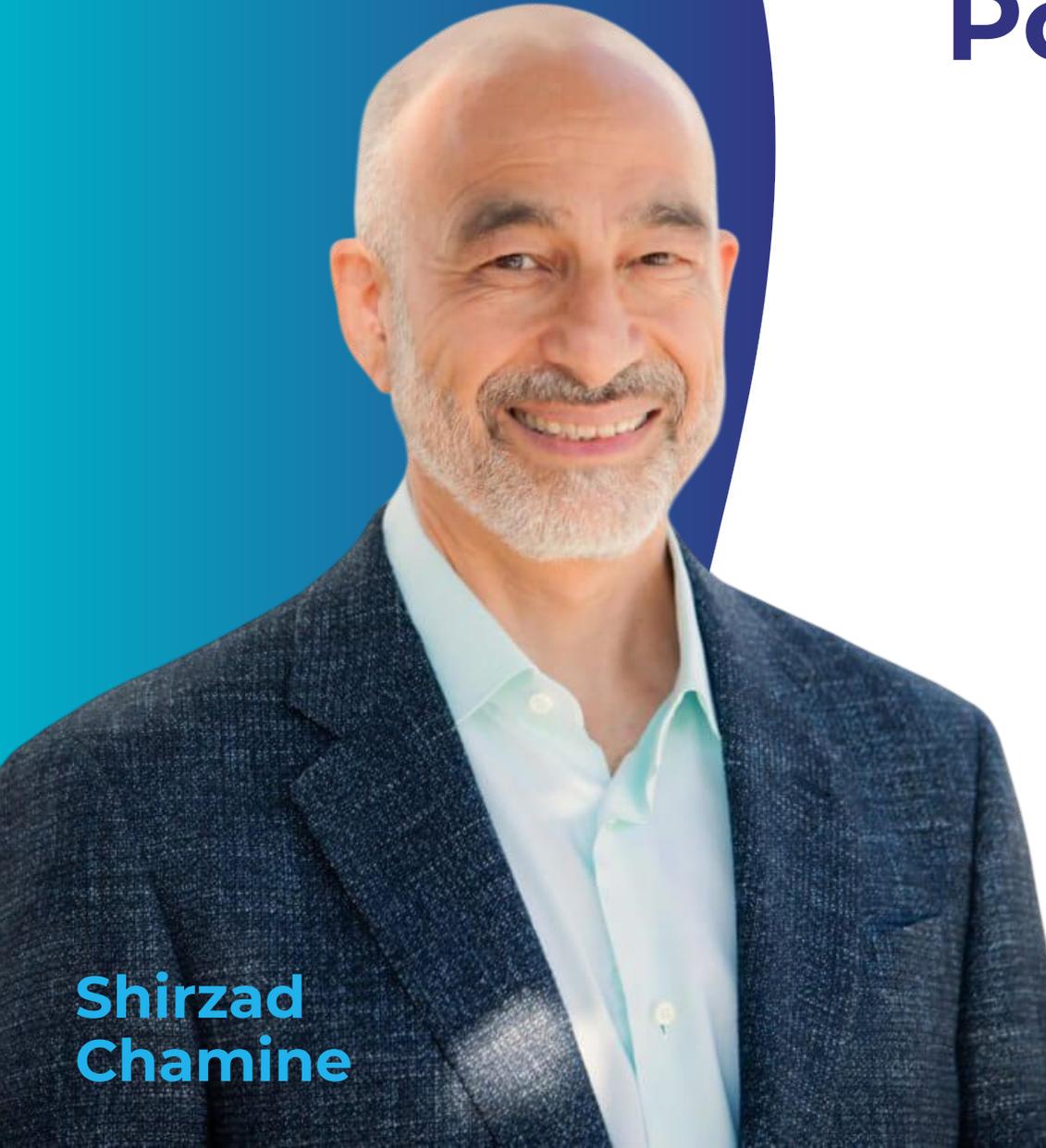
- WELCOME
- POSITIVE INTELLIGENCE (PQ)
- EXPERIENCE

- COACHING CHALLENGES
- BREAK OUTS & SHARING

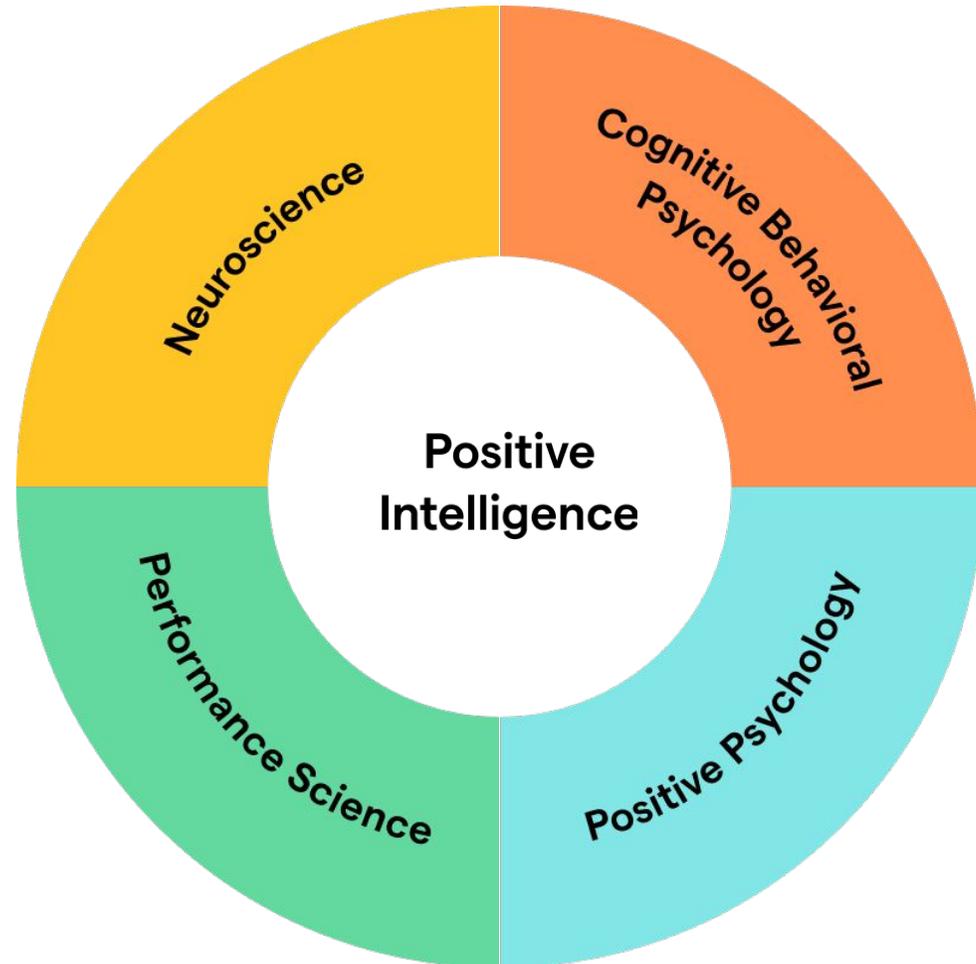
- IT'S A WRAP
- THANK YOU



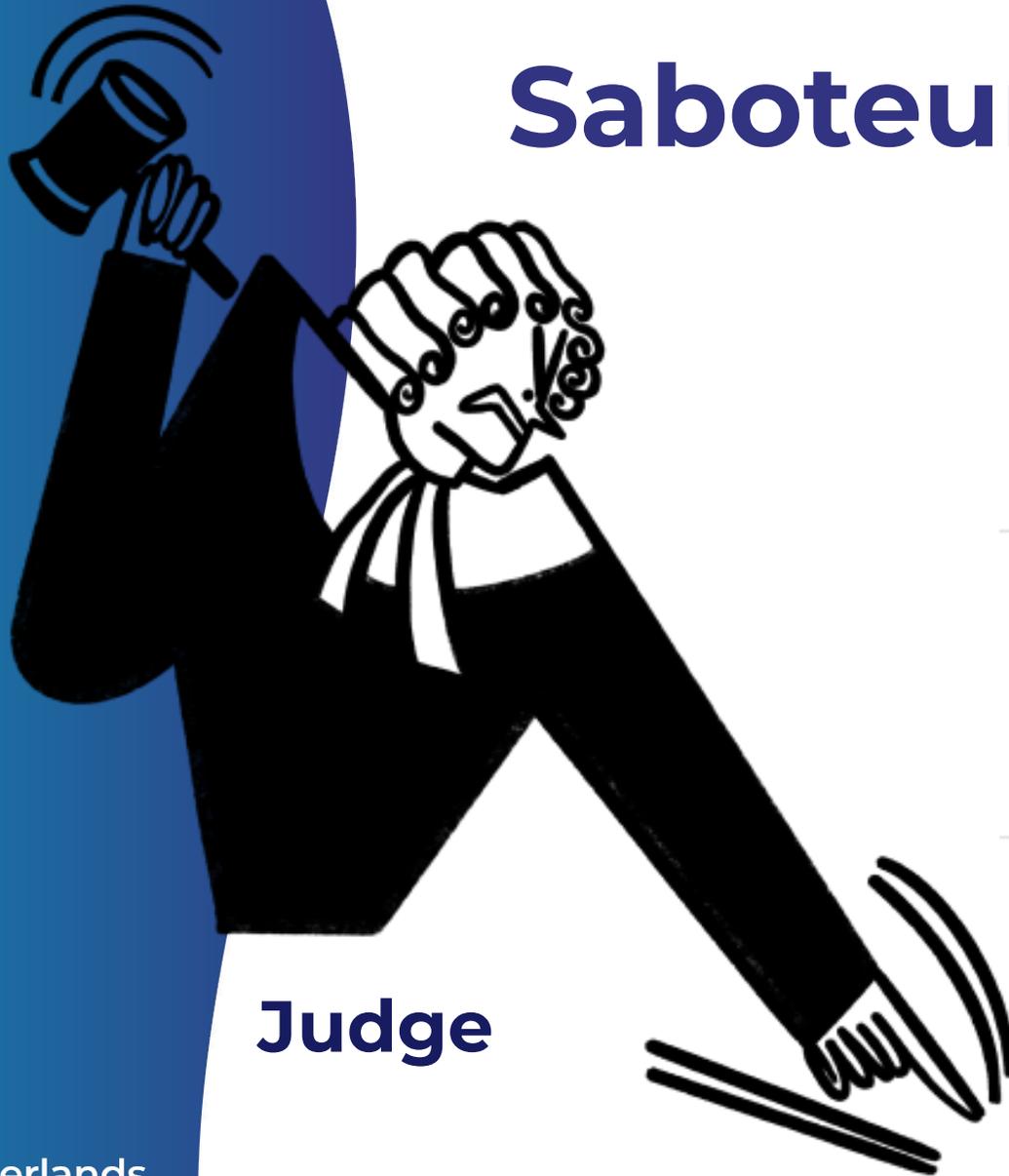
Positive Intelligence



**Shirzad
Chamine**



Saboteur Gang of 10



Judge



Controller



Hyper-Achiever



Restless



Stickler



Pleaser



Hyper-Vigilant



Avoider



Victim



Hyper-Rational

Sage Powers (5)

Emphasize



Navigate



Activate

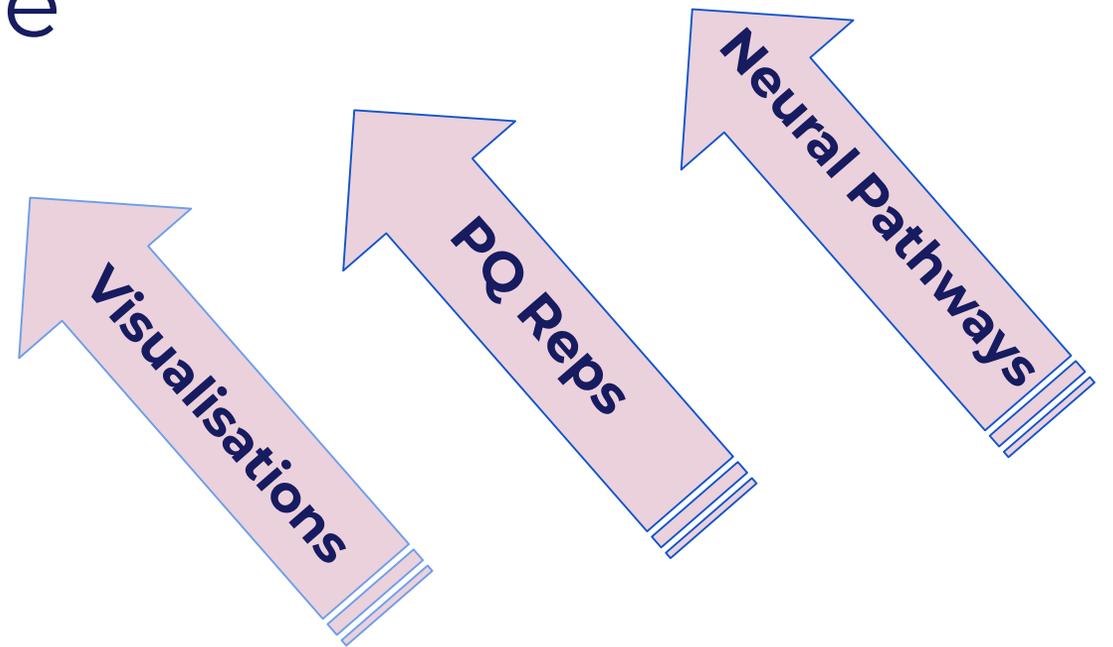
Innovate



Explore

The 3 Muscles & Steps

- Saboteur Interceptor
- Self-Command
- Sage



EXPERIENCE



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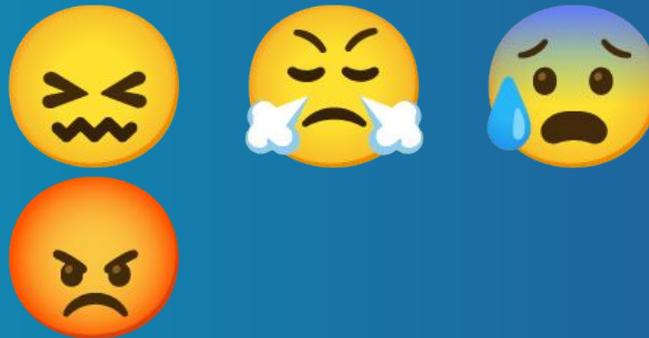
BREAK OUTS



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COACHING CHALLENGE 1

I just can't get you out of my head!!



Breakout Instructions

Meet each other, say hi!	1 minute
How does your mind chatter show up?	8 minute
Can you name the Saboteur?	
Prepare for sharing	1 minute



SHARING



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COACHING CHALLENGE 2

Thank you for your offer.
But.
No. Thank you.



Breakout Instructions

Meet each other, say hi!	1 minute
Share the thoughts, emotions, and behaviours that emerge	
How would you command yourself to regulate?	8 minute
Prepare for sharing	1 minute

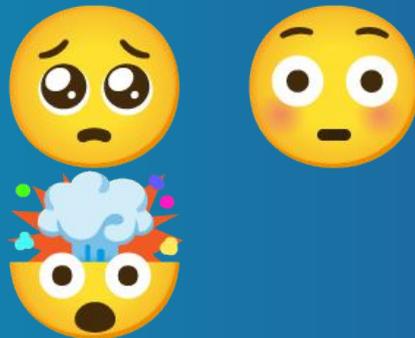
SHARING



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COACHING CHALLENGE 3

I hate you Coach!
You sound like my mother!



Breakout Instructions

Meet each other, say hi!	1 minute
Acknowledge your thoughts & emotions.	
Empathize. What could your Sage response be?	8 minute
Prepare for sharing	1 minute



SHARING



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IT'S A WRAP

What did you experience or discover about Positive Intelligence and resilience in this session?

Which ICF competencies do you notice?



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ICF code of ethics

Section 2: **Confidentiality and Legal compliance**

As a ICF professional I:

- 2.5 Fulfill my ethical and legal obligations to my coaching client(s), sponsor(s), colleagues, and to the public at large directly and through any technology systems I may utilize (i.e. technology-assisted coaching tools, databases, platforms, software, and artificial intelligence).



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Thank You



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