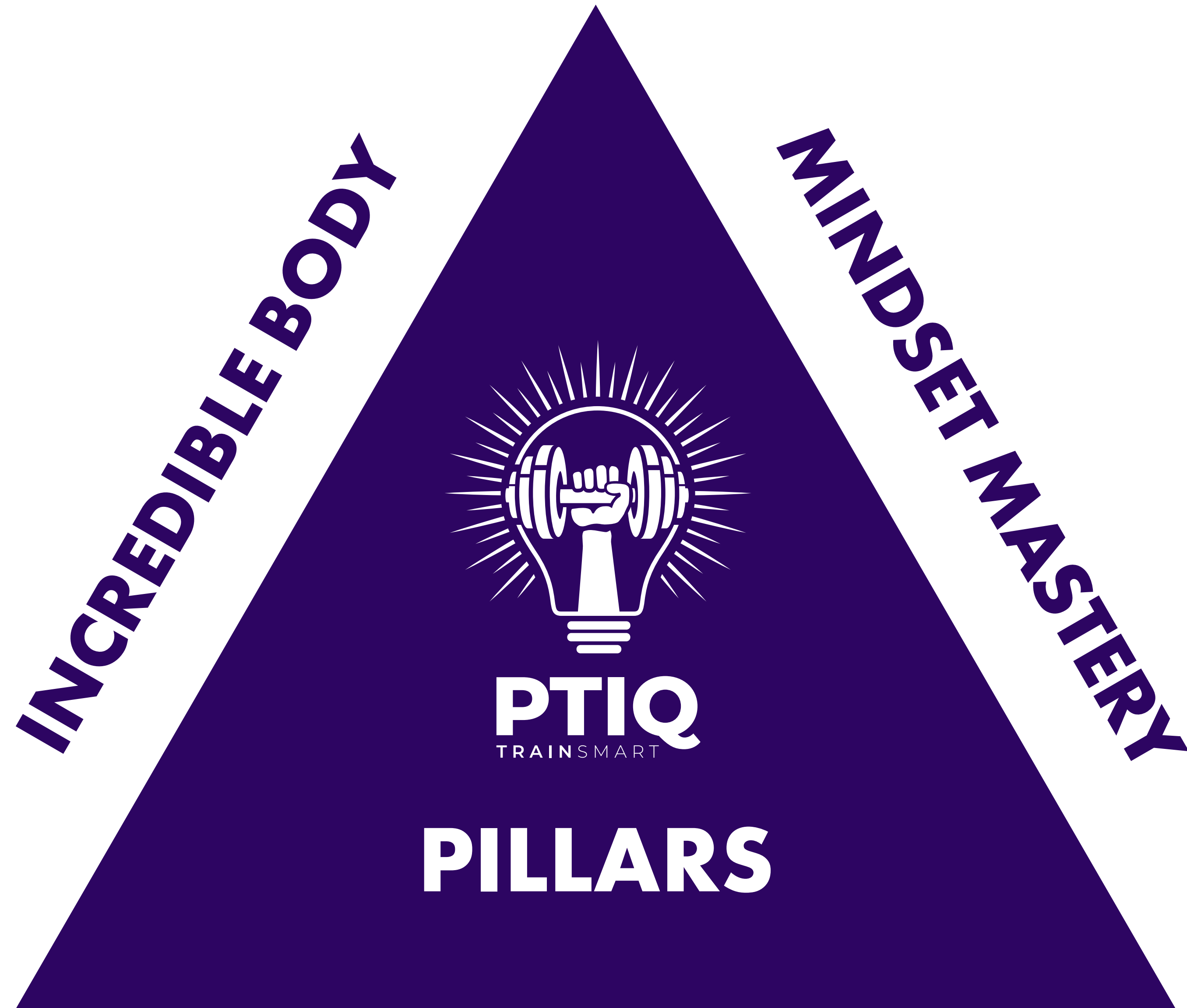


PTIQ

PILLARS & SYLLABUS

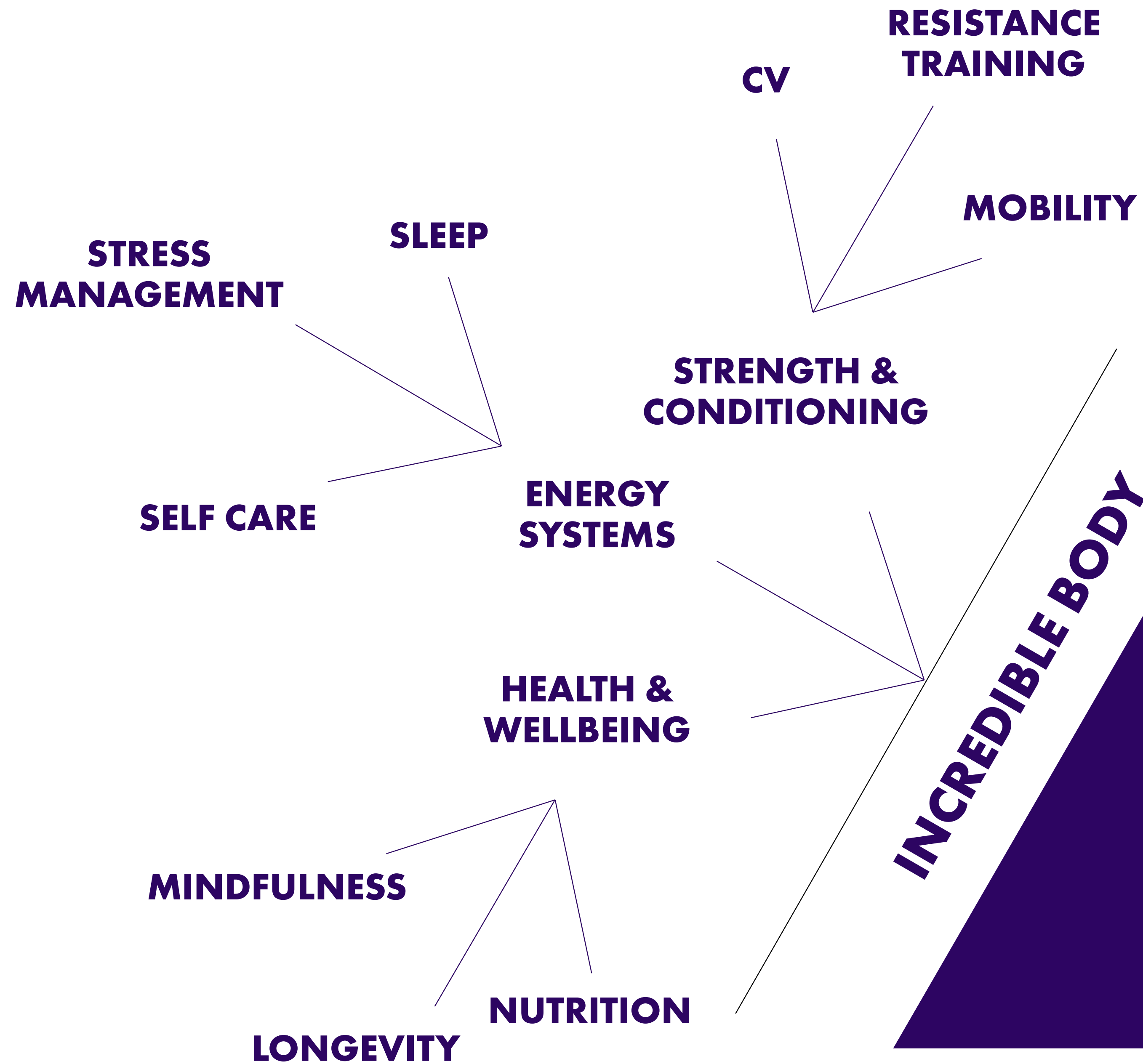


PTIQ **PILLARS**



AUTHENTIC PURPOSE

INCREDIBLE BODY






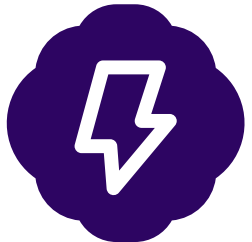
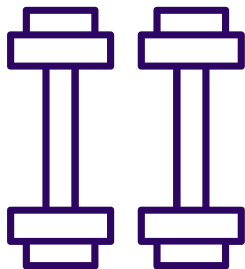




INCREDIBLE BODY



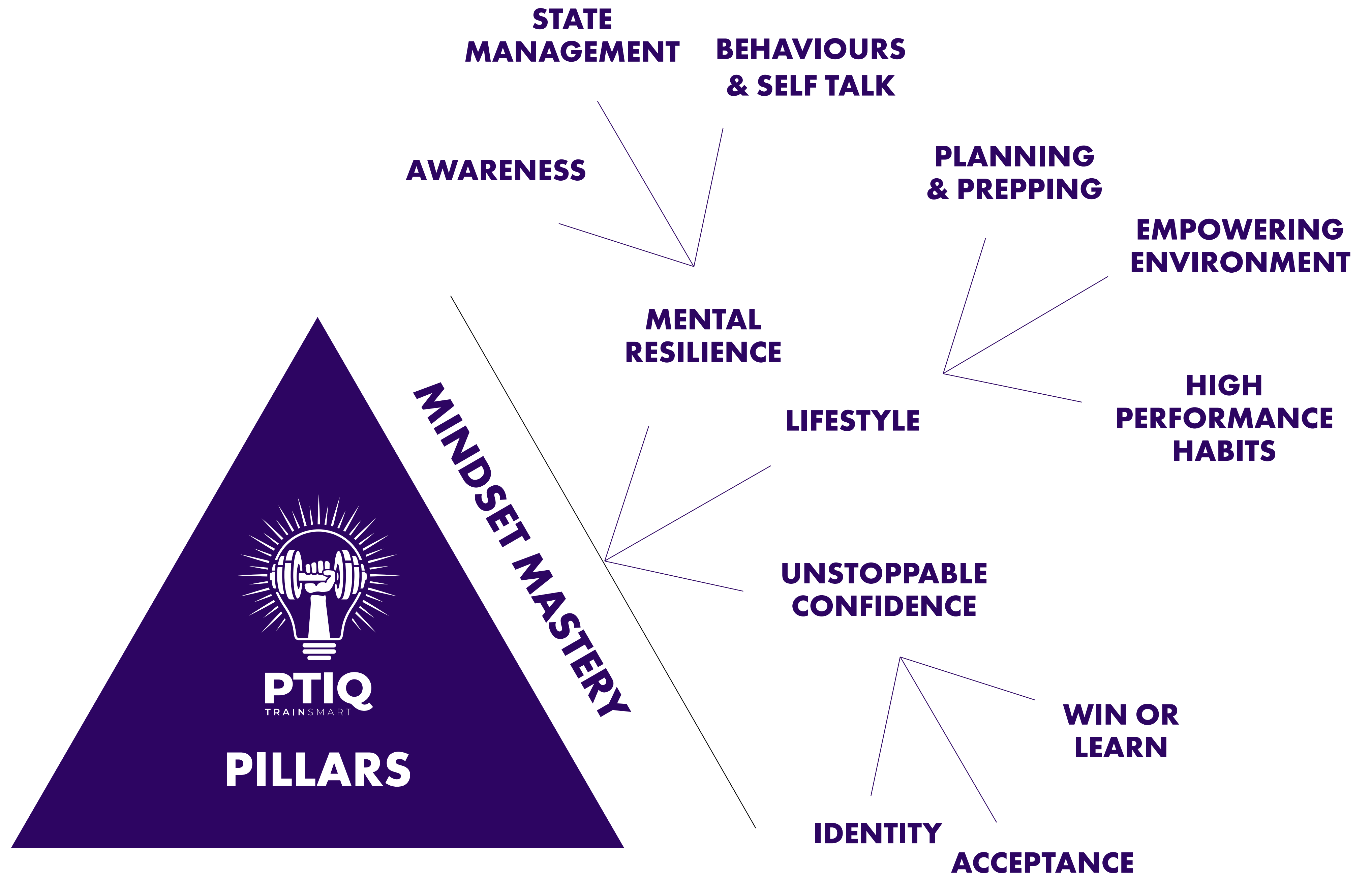
PTIQ
TRAINS.MART

PILLARS




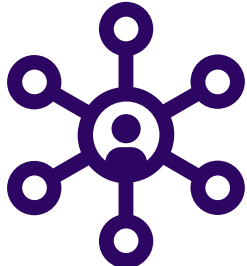
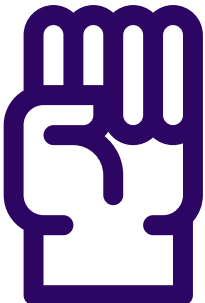




INCREDIBLE BODY

ENERGY SYSTEMS	STRENGTH & CONDITIONING	HEALTH & WELLBEING
 SLEEP	 CV	 MINDFULNESS
 STRESS MANAGEMENT	 RESISTANCE TRAINING	 LONGEVITY
 SELF CARE	 MOBILITY	 NUTRITION

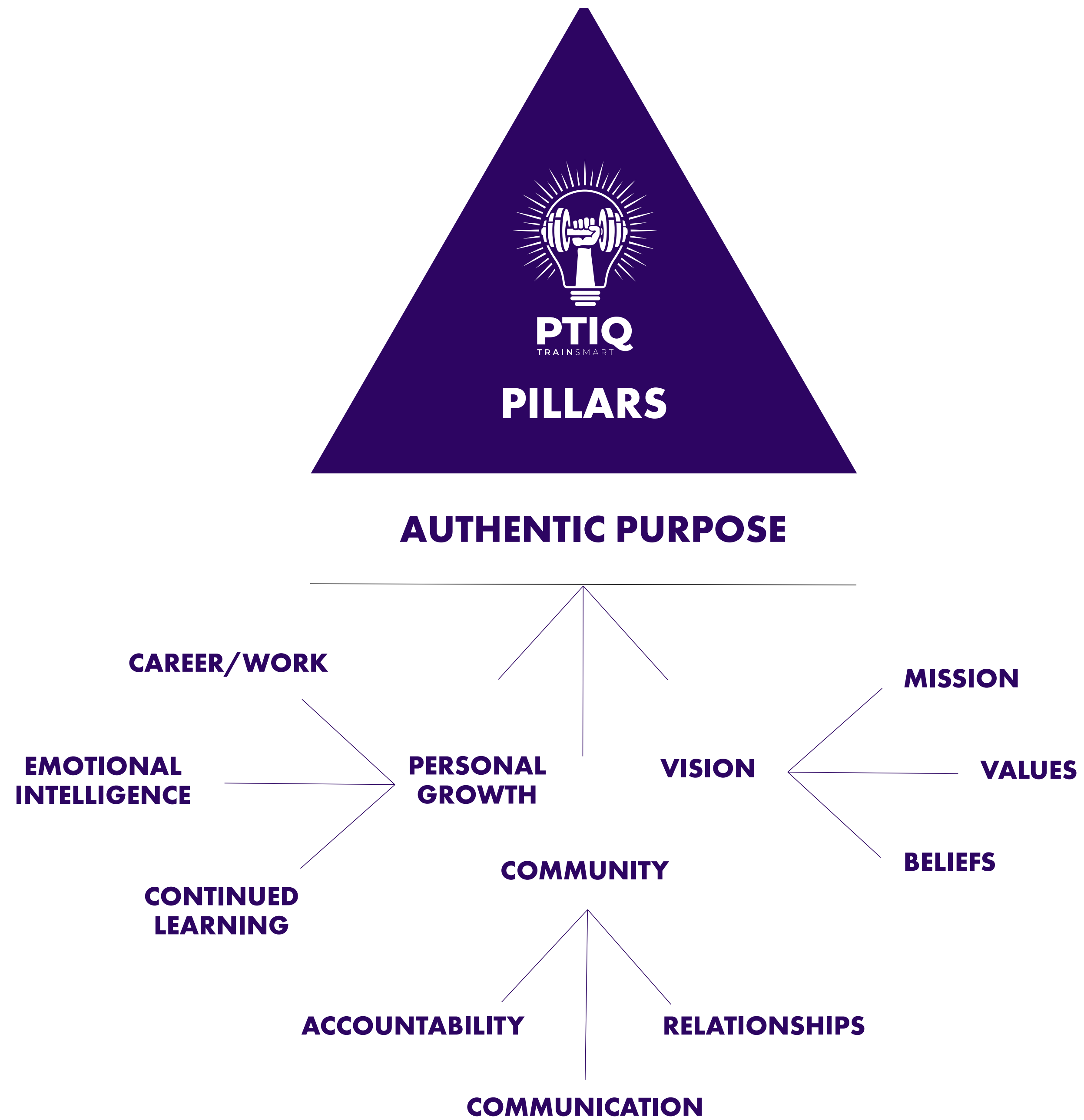
MINDSET MASTERY



MINDSET MASTERY

MENTAL RESILIENCE	LIFESTYLE	UNSTOPPABLE CONFIDENCE
 AWARENESS	 HIGH PERFORMANCE HABITS	 IDENTITY
 STATE MANAGEMENT	 EMPOWERING ENVIRONMENT	 WIN OR LEARN
 BEHAVIOURS & SELF TALK	 PLANNING & PREPPING	 ACCEPTANCE

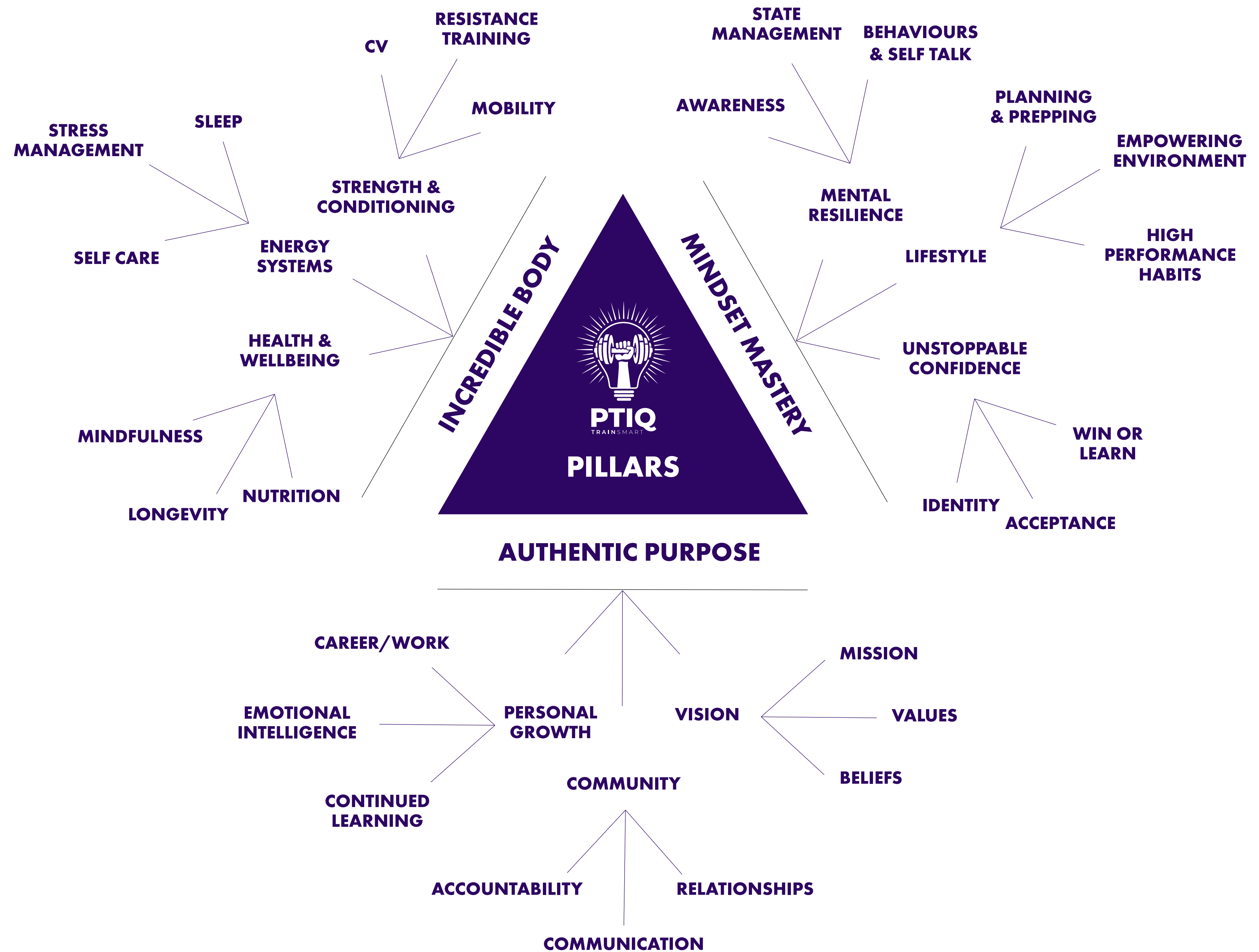
AUTHENTIC PURPOSE



AUTHENTIC PURPOSE

VISION	COMMUNITY	PERSONAL GROWTH
 MISSION	 ACCOUNTABILITY	 CAREER/ WORK
 VALUES	 COMMUNICATION	 EMOTIONAL INTELLIGENCE
 BELIEFS	 RELATIONSHIPS	 CONTINUED LEARNING

PTIQ PILLARS



DRIVERS/ACCELERATORS

DRIVER	ACCELERATORS
INCREDIBLE BODY	STRENGTH & CONDITIONING
	HEALTH & WELLBEING
	ENERGY SYSTEMS
MINDSET MASTERY	LIFESTYLE
	MENTAL RESILIENCE
	UNSTOPPABLE CONFIDENCE
AUTHENTIC PURPOSE	PERSONAL GROWTH
	COMMUNITY
	VISION

PROBLEM	CHALLENGES	DREAM RESULT

PTIQ

PILLARS & SYLLABUS

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