



# Positive Intelligence Coaching Program

**NEW PRODUCT LAUNCH SALES SEQUENCE**

**WARM AUDIENCE**

**Sandrow Consulting LLC**

## Email #1

Subject: How do you want to show up every day?

[First Name],

Picture this.

*You've had one of those days. An endless stream of patients, mountains of notes to complete, and a commute made even worse by gridlock traffic. You're drained.*

*You want nothing more than a quiet evening of mindless TV indulgence. Maybe you'll finally start reading the book that's been on your nightstand for a month. Sounds nice, right? A well-deserved break from the relentless demands of the day.*

*Finally home, you pull into the driveway, you feel a glimmer of relief. But as you open the front door, a tidal wave of chaos instantly crashes over your fragile state of calm.*

*Children's shrieks pierce the air like a dagger, the smell of something burnt assaults your senses, and your spouse's expression warns of an impending confrontation. You consider turning around and getting back into the car...*

The details may be different, but I'm willing to bet you've faced overwhelming situations that obliterate peace and calm in an instant. At that moment, do you crumble under the weight of stress? Do you let the chaos trigger an instinctive negative reaction? Or do you pause—anchored in a calm presence rather than turbulent emotion? *How do you show up?*

Have you ever found yourself struggling with:

- A disconnect in your relationships—personal, romantic, career?
- Not living in the best version of yourself?
- An inability to shift into a perspective that allows you to see the positives rather than the negatives?
- A loss of control over your thoughts?

If any of those sound familiar, you're not alone.

The demands on physician relationships are unique. I get it. That's why I've become so invested in the Positive Intelligence (PQ) program - it transformed my life and how I navigate even the most challenging situations.

I believe in it so much that I became a PQ coach.

Positive Intelligence (PQ) equips you with tools to respond rather than react. You learn to remain resilient, emotionally intelligent, and fully present no matter the circumstances. It's about asking yourself: *How do I want to show up every day?*

It's not your typical mindset program. In fact, it's not a mindset program at all. It's a powerful combination of neuroscience, psychology, group coaching, and mindfulness practices. It's the solid foundation that supports all areas of our lives.

If you want to learn more about it, check it out here. [button]

Stay tuned for more in my next email. I'll be diving deeper into what makes the Positive Intelligence program different from the others.

Alex

## Email #2

Subject: An Epic Battle: Your Sage Powers vs. Your Saboteurs

[First Name],

In my last email to you I said that The Positive Intelligence Group Coaching Program (PQ) is unlike any other. It's true. Here's why.

Most personal growth programs only address surface-level symptoms. As a medical professional who values science and research, I know PQ's neuroscience-backed approach will pique your interest.

PQ is simple—no fluff. At the foundation, are the 10 negative response factors (Saboteurs) and 5 positive response factors (Sage Powers) that impact performance and wellbeing.

When you intercept your Saboteurs and activate your Sage Powers, it results in a wide range of benefits:

- Improved stress management
- Enhanced relationships
- Boosted performance
- More persuasive communication/selling abilities
- Increased creativity
- Stronger leadership skills
- Greater resilience
- Heightened happiness

**This impact happens because you're retraining your brain at its foundational level rather than just treating symptoms.**

Believe it or not, you can begin to learn how to choose sovereignty in your life *in just minutes a day*. (In the practice of becoming an "Excuse Eliminator," we have an AMAZING app that you can use to learn and practice on the go!)

When you master these Saboteurs and Sage Powers, you unlock personal and professional transformation from the roots.

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*I'm surprised by how much of a difference it has made. I was hoping it would help a little, but I cope better with stress, I enjoy the day, and I feel more present and grateful for the day I have. It's really awesome. Kerry L., program participant*

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PQ teaches you to activate resilience within yourself. Sounds great, right? [button or link “see it here” or similar]

Watch for my next email. I’ll share how PQ made a HUGE difference in how I handle tough situations. I’ve been through an eye-opening transformation!

See you soon,

Alex

## Email #3

Subject: Don't Let Your Brain's BS Run the Show

[First Name],

*Remember in the movie Office Space when the “efficiency consultant” launches abusive downsizing at their company, and the meek Peter Gibbons somehow finds his zen?*

*While his co-workers unravel dealing with the toxic changes, Peter displays a refreshing nonchalance, even showing up to work in his bathrobe and slacker attitude, completely unfazed.*

Okay, my post-PQ transformation isn't at *Level-Gibbons*, but it has been eye-opening. Positive Intelligence gave me the lens to see how reactive I was.

I could lose my cool in 3 seconds flat. Forget calming the fire. Sometimes I stoked it. Sometimes I lit it. When I was feeling really spicy, I walked away and returned with gasoline.

I'm not talking about just anger and frustration. I'm talking about all types of negativity that our minds (Saboteurs) drum up: self-doubt, anxiety, depression, the judgment of ourselves and others, etc.

I learned that not all of my thoughts are correct. Our brains cook up BS regularly. If we give our saboteurs center stage, they wreak havoc. PQ shows us how to intercept the BS.

I'll bet that you've dealt with spiraling out-of-control thoughts, focusing on the negative and struggling to find the positive from time to time.

Stress is inevitable. It's how we manage it that's a game-changer.

What if in 7 weeks you could...

- Wake up each day feeling energized, focused, and deeply fulfilled
- Approach your work with a profound sense of purpose and clarity
- Navigate challenges with grace and resilience
- Cultivate deeper, more meaningful relationships with your loved ones and colleagues
- Align your life with your core values and deepest aspirations
- Experience a profound sense of inner peace and well-being

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*It's been life-changing for me. I just feel more relaxed, calmer, less anxious. I spend more time with meditation and I'm just able to get through my day easier. It's surprising. Very surprising. David G., participant*

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Interested but not sure that PQ is right for you? Let's set up a time to talk.

[Saboteur Discovery button]

<https://calendly.com/alex-vqw/saboteur-discovery-session?month=2024-05>

If you're ready, get started here. [link or button]

See you soon,

Alex

## Email #4

Subject: PQ FAQ: Common Questions

[First Name],

You've learned a lot about the Positive Intelligence Coaching Program already, but I'm sure you still have some questions. I'd love to address a few of the most common ones I hear:

**Q: How is this program different from other coaching or personal development programs?**

A: This program is uniquely tailored to the specific needs and challenges physicians and their partners face. When you master these Saboteurs and Sage Powers, you unlock personal and professional transformation from the roots.

**Q: What is the group coaching about?**

A: The group coaching sessions are a key part of the PQ experience. We meet once a week for an hour. Studies show that programs with a group component have much higher completion and success rates than solo programs. There's power in surrounding yourself with a community of like-minded individuals who understand the unique challenges you face. You'll get to share wins, roadblocks, insights - and know you're not alone

**Q: What if I'm not sure if I have the time to dedicate to this program?**

A: The daily exercises take just 10-15 minutes, and you can complete them at your convenience. The PQ app is unlike any other. It's a one-stop shop for everything you need—videos, community, practice, etc. We also have a private WhatsApp community where we encourage each other and share our experiences.

**Q: How will this program impact my career and personal life?**

A: You've heard my story and seen the testimonials from participants. Positive Intelligence (PQ) equips you with tools to respond rather than react. You learn to remain resilient, emotionally intelligent, and fully present, no matter the circumstances. *You show up as the best version of yourself.*

Look, I get it - committing to personal growth can feel overwhelming. But the truth is, this program meets you exactly where you are. Just 10-15 minutes per day is all it takes to start cultivating profound mindset shifts.



Alex

P.S. One last thing - seats are limited for this round, with only 10 spots available. If cultivating mental clarity, resilience, and overall fulfillment speaks to you, don't sleep on this opportunity.

Click here to claim your spot before they're gone: [button/link]

## Email 5: Cart Closing 1

Subject: The Clock Is Ticking: Your Chance to Transform Your Life

[First Name],

If you've been considering joining the 7-Week Positive Intelligence Coaching Program but haven't taken the leap yet, I want to ask you something: what is the cost of not taking action?

Every day that you continue to struggle with stress, burnout, and unfulfillment is another day that you miss out on the joy, purpose, and deep satisfaction you deserve.

This coaching program has already helped countless physicians (including me!) and their partners transform their lives, developing the mental and emotional resilience needed to thrive both personally and professionally.

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*I'm surprised by how much of a difference it has made. I was hoping it would help a little, but I cope better with stress, I enjoy the day, and I feel more present and grateful for the day I have. It's really awesome. Kerry L., program participant*

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Don't let this opportunity pass you by. With only 10 spots available and just 24 hours left to claim your seat, now is the time to take action and invest in your well-being.

If you're ready to create lasting change and unlock your full potential, click here to secure your spot before it's too late.

[Claim Your Spot Now]

Not sure that PQ is right for you? Let's set up a time to talk.

[Saboteur Discovery button]

<https://calendly.com/alex-vqw/saboteur-discovery-session?month=2024-05>

Alex

P.S. This exclusive program is filling up fast, and I'd hate for you to miss out on this life-changing opportunity. Click here to learn more and reserve your place today!

## Email 6: Cart Closing 2

Subject: Final Call: Your Journey to Unshakable Mental Clarity Starts Now

[First Name],

This is your final reminder: the opportunity to join the transformative 7-Week Positive Intelligence Coaching Program is closing soon. In just 2 hours, registration will close. If you've been considering joining us, now is the time to take action.

Remember, this program is specifically designed to help physicians and their partners overcome the unique challenges they face, such as:

- Chronic stress and burnout
- Difficulty balancing personal and professional life
- Feeling disconnected from loved ones
- Struggling to find joy and fulfillment despite professional success

By joining our coaching program, you'll gain access to:

- 7 weekly group coaching sessions led by an experienced coach (me!)
- Proven strategies and tools grounded in neuroscience, psychology, and mindfulness
- A supportive community of like-minded individuals
- Lifetime access to all session recordings and program materials
- The PQ app - your all-in-one portal to the entire program. You'll have seamless access to expert training, a supportive community, exercises, and so much more.

Don't let this opportunity slip away. Invest in yourself and your well-being today, and start your journey towards the life you and your partner truly deserve.

[Click here](#) to secure your spot before registration closes in just 2 hours.

I can't wait to welcome you into this warm, supportive community dedicated to helping couples like you thrive!

Alex