

*Dear Workshop Participant,*

*Thank you for signing up to our Boost Your Confidence Workshop. We look forward to your participation and to providing you with tangible strategies and tools to use in achieving your research goals.*

*During the workshop we will work on strengthening our Positive Intelligence, as we explore the relationship between our internal “Saboteurs” that can generate “negativity” in the way we respond to challenges, and the “Sage” region of your brain that handles the same challenges from a positive standpoint.*

*The purpose of the workshop is to help you identify which of these regions is more present, and at the same time learn strategies to cope with them, ultimately allowing you to boost your research motivation, confidence and performance.*

*In preparation, we suggest that you get yourself familiar with the 10 Saboteurs (see if any of them speaks to or trigger you in particular) and take this Positive Intelligence assessment:*

*<https://www.positiveintelligence.com/assessments/>*