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Founder:  NeuroSpark+

Neurodivergent mom of 2e boys. Advocate for neuroinclusion. Entrepreneur on a mission to help leaders turn inner work into outer impact.

Inner work = Outer impact



The Way We Work Has Changed



Remote + Hybrid Realities



AI, Automation & Tech Disruption



Organizational Change & Workforce Adaptation

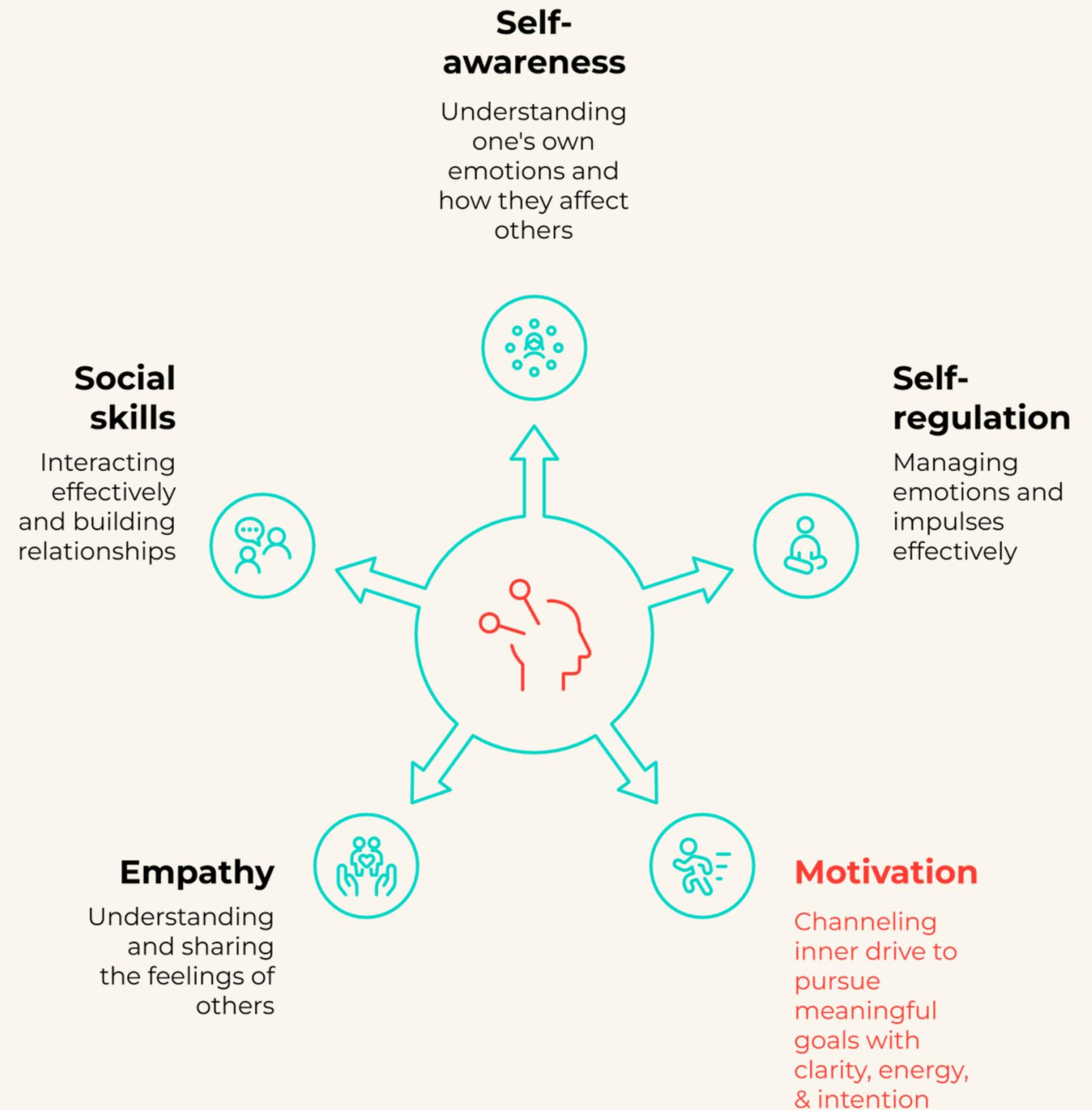


Emotional Demands of Modern Leadership

“Emotional intelligence is no longer optional—it's the foundation of leadership in complex, high-stakes environments.” — HBR, The EI Advantage, 2022

What is Emotional Intelligence?

It's the inner capacity we build to lead with clarity, confidence, and connection.



Why Inner Work Creates Outer Impact



Emotional Intelligence

Mastering your internal emotions as the foundation for leading yourself and others.



Leadership Presence

Showing up with clarity and confidence that others can trust and follow.



Decision-Making

Using emotional insight to make grounded, intentional choices—especially under pressure.



Connection

Creating meaningful relationships through empathy, trust, and emotional clarity.

Why EQ Isn't Enough-and Where PQR® Comes in

EQ tells you what matters. PQR® trains your brain to follow through.

Emotional intelligence isn't just awareness—it's applying that awareness in the moments that matter most.



What Is Positive Intelligence®

Is the practical, brain-based framework that helps you build emotional capacity—through daily mental fitness and habit rewiring.



Saboteurs

React with stress, fear, or control under pressure

Sage

Responds with clarity, empathy, and purpose - even in challenge

PQ® Practices for Rewiring Leadership Habits

3 core practices to optimize performance, well-being, and relationships:



Catch your Saboteurs

Notice and interrupt the internal patterns that fuel stress, self-doubt, and reactivity.



Energize your Sage brain

Strengthen clarity and calm through daily mindset training.



Use your Sage Powers

Lead with empathy, curiosity, purpose, and creativity.



PQ® Saboteurs

Meet the **Judge**,
the Master Saboteur

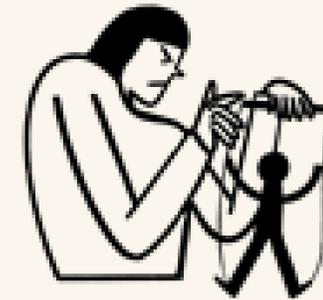


The Judge is the universal Saboteur—constantly criticizing yourself, others, or circumstances.

It fixates on flaws and partners with other Accomplice Saboteurs to fuel stress and self-doubt.



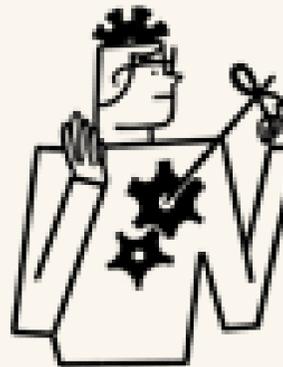
Avoider



Controller



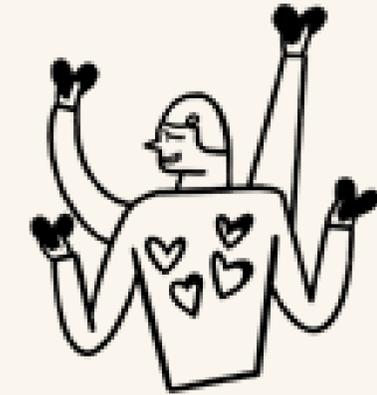
Hyper-Achiever



Hyper-Rational



Hyper-Vigilant



Pleaser



Restless



Stickler



Victim

PQ® Sages

The Sage Perspective

Every outcome or perspective can be turned into a gift or opportunity



Activate

Act with focus and purpose to turn insight into real-world impact.



Empathize

Connect with yourself and others through compassion and understanding.



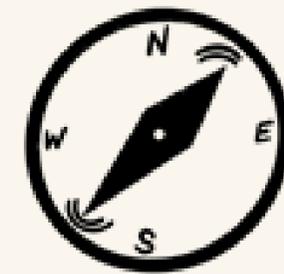
Explore

Explore challenges with curiosity to uncover root causes and new insights.



Innovate

Innovate to generate creative, meaningful solutions.



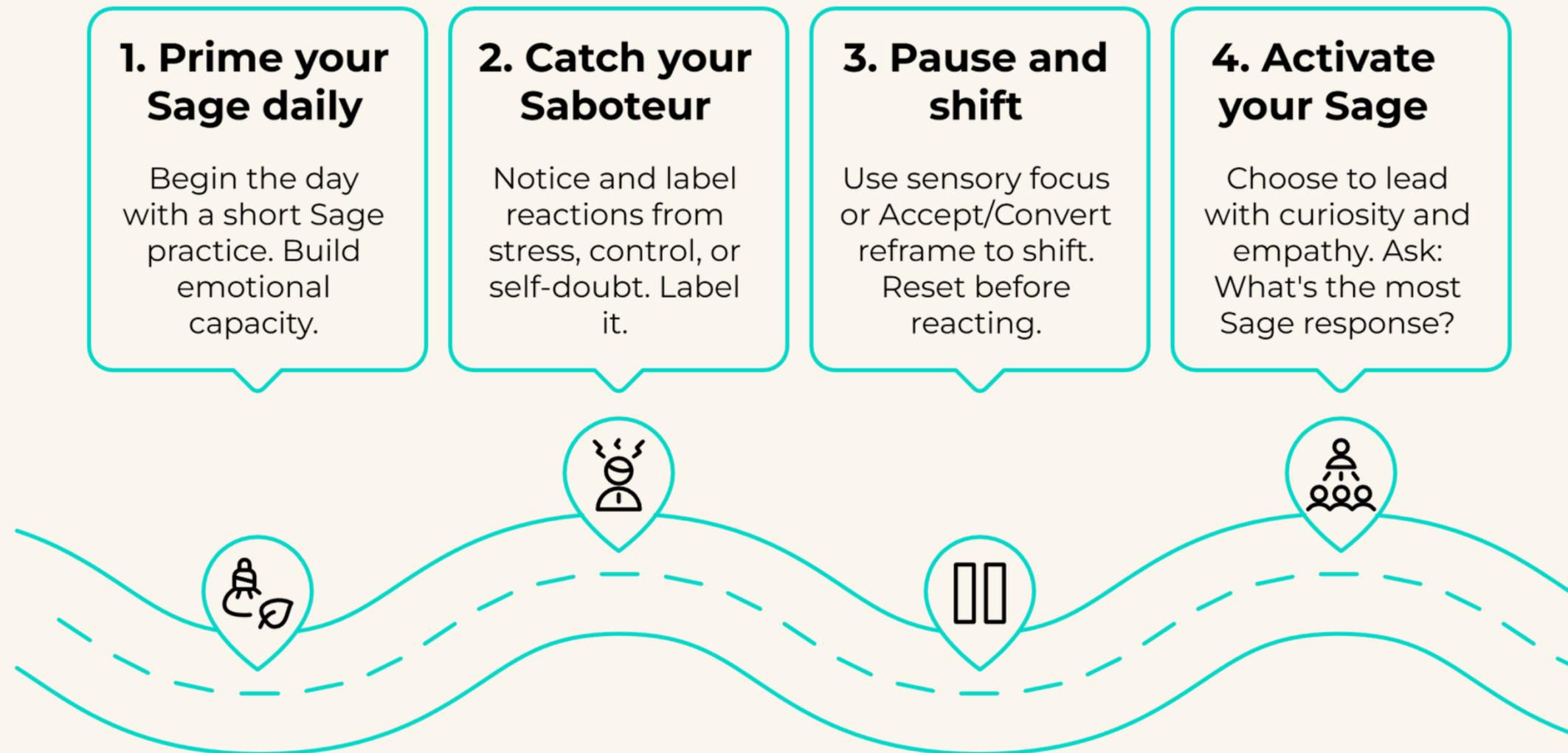
Navigate

Navigate decisions guided by your values and vision.

EQ Habits Through PQ® Practice

Small daily practices lead to big leadership **shifts**

Train your brain daily to respond, not react.



Putting PQ® into Practice: 3 Workplace Scenarios



Scenario 1:
**Cross-functional
conflict**

Controller + Hyper-Rational+ Stickler +
Judge (of others)
Control, frustration, tunnel vision

Pause → Name → Empathy + Explore
*“What constraint is each team facing,
and what shared goal can align us?”*

Scenario 2:
**Exec pressure with
unclear expectations**

Hyper-Achiever, Pleaser, Avoider, Judge (self)
Stress, self-doubt, blame

Pause → Name → Navigate + Empathy
*“What can I clarify now to protect my
(or team’s) focus—and still deliver
value?”*

Scenario 3:
**Pushing a new idea
forward**

Pleaser, Avoider, Judge, Hyper-Achiever,
Hyper-Rational
Self-doubt, frustration, pleaser, avoidance

Pause → Name → Empathy + Innovate
*“What would help this land? How can
I present this in a way that connects to
what they care about?”*

PQ® Saboteurs Assessment

The Saboteur Assessment takes just 5–7 minutes and is your first step to self-awareness.

- It helps you identify the mental patterns that quietly shape how you lead, communicate, and respond to stress.



Practice Beyond the Session

What's one mindset shift or habit you're taking from today?

Tips & Resources



Celebrate the small shifts

Every time you pause, label, or reset—you're rewiring your brain. That's progress.



Practice unconditional self-love

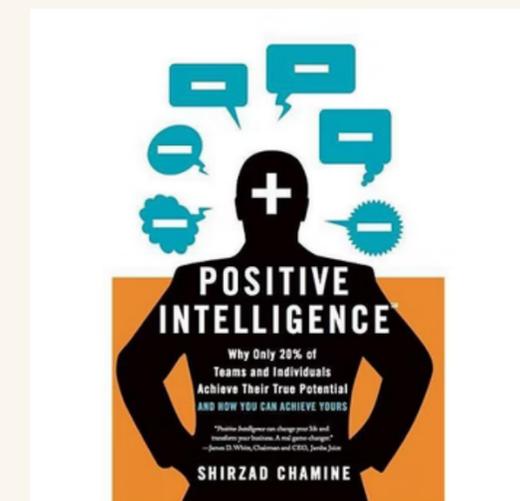
Your brain is wired to scan for problems. Shift it by naming what's strong—not just what's wrong.



Focus on your strengths

Your brain is wired to scan for problems. Shift it by naming what's working—not just what's wrong.

PQ-Powered
Teamwork →
Assessment



THANK YOU!

**Want to unpack your Saboteur results?
Book a free 30-min 1:1 session exclusively
for today's ASUG attendees:**

This is a no-pressure space—just clarity, insight, and
a chance to reflect with guidance.

[Book Your Free Saboteur Debrief]



Limited free 30-min sessions available through August—first come, first served.

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