

# Nermine Zakhary

Strengths & Positive Intelligence (PQ)  
Speaker | Coach | Co-Author



Maximizing strengths & PQ to build  
team cohesiveness, engagement and productivity.

## Bio

Nermine Zakhary is a Certified People Acuity Coach™ & Positive Intelligence (PQ) Coach, specializing in the application of strengths to accelerate performance, energy, relationships, and results. PQ adds the layer of mental fitness (handling life's challenges with a positive mindset), to ensure lifelong application of strengths.

Nermine coaches individuals and small groups and also facilitates workshops to teach strategies for clients to define their optimal zones -- and thrive there.

Nermine comes to Strengths & PQ with 15+ years of experience in the training industry. She holds a master's degree in Education, specializing in Instructional Design for Online Learning.

## Signature Topics

- **Play to Your Strengths to Maximize Your Potential**

Learn the impact that strengths awareness can have on you personally and on your performance at work, home and in your community -- and how to get started with maximizing your strengths.

- **Mental Fitness: The X-Factor in Performance & Happiness**

Learn how to upgrade your mental operating system to not just survive but thrive in these tumultuous times, aka grow your mental fitness: your capacity to handle life's challenges with a positive mindset instead of a negative mindset.

- **Boost your Game with Strengths Based Leadership**

Learn how to make extraordinary things happen by focusing on the strengths and potential in yourself and your team.



**Strengths-Edge**  
*Because it's in You*

## Testimonial

"Nermine creates a supportive environment that focuses on what I do well rather than beating myself up for my weaknesses....This helped me to realize the importance of focusing on the individual strengths of my team. This not only sets them up for success but also creates a happier and more productive work environment. If you've ever felt really stuck in life, you're going to want to hear Nermine speak. Her emphasis on strengths helped me to realize the positive attributes I bring to my work and my relationships." -- Linda H., RWN Board



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