



# Improve Performance & Support Wellbeing

Performance doesn't have to be at the cost of wellbeing. Our factor analysis research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. The Positive Intelligence (PO) Mental Fitness app-based program delivers personalized daily practices that strengthen the three core muscles of mental fitness. This results in lasting positive habits that improve wellbeing, boost performance, and strengthen relationships.



Wellbeing



Performance



Relationships

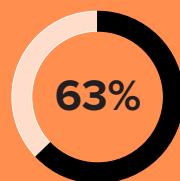
## When Mental Fitness is Weak

- Overwhelmed by self-doubt
- Struggle to bounce back from hardship
- Susceptible to burnout
- Difficulty managing stress and anxiety
- Lack of focus
- Sidetracked by failures
- Conflict in relationships
- Communication breakdowns



## The Organizational Impact

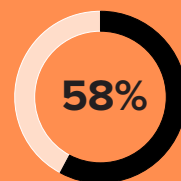
- Attrition
- Absenteeism
- Unproductive



Absenteeism rises by 63%\*

\*Gartner

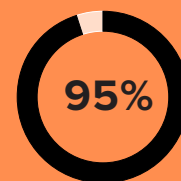
- Disengaged colleagues
- Weak company growth



Less than 58% of sales reps hit their targets\*

\*Salesforce Research

- Poor customer experience
- Low customer satisfaction due to a lack of empathy

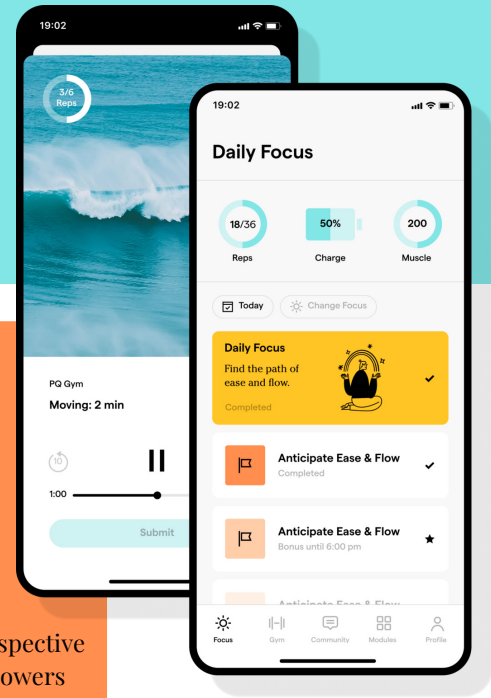


95% of purchasing decisions are driven by emotions\*

\*Harvard Business Review

# Building Mental Fitness with Positive Intelligence

Through our neuroscience-based techniques, the PQ Program strengthens the three core muscles of mental fitness:



## Self-command Muscle

Develop greater mastery over your own mind, learn how to overcome self-doubt, recover from disappointments faster, and spend less time in anger, regret, or blame.



## Saboteur Interceptor Muscle

Intercept your Saboteurs the moment they try to hijack your performance, wellbeing, or relationships. This shifts the balance of power from Saboteur to Sage.



## Sage Muscle

Learn the Sage Perspective and activate Sage Powers to reframe failure, unleash creativity and innovation, while building resilience and perseverance.



## How it works

The PQ Annual Subscription Platform **ensures sustainable mental fitness** for individuals, teams, and organizations.



Week 1 – 6

### Immersive Foundational Program

Through intensive daily practice, weekly video sessions, measurable progress and community support, new neural pathways are created for lasting results.



Week 7 – 8

### PQ Grow Program

Once the foundational core muscles are established, the app ensures continued growth through a variety of work and life applications delivered monthly.



Week 9 – 52

### Customized Coaching and Accountability

During the app-based Foundational Program, weekly accountability groups called Pods are supported by a PQ Certified Coach or can be self-facilitated. Additional coaching is also available.



### Membership for Close Family

Immediate family members of participants can experience the app-based program as part of the annual subscription.

## Boost Performance and Happiness

Interested in the Positive Intelligence Program for your organization?

## Let's connect

As Featured In

The New York Times

FASTCOMPANY

THE WALL STREET JOURNAL

