

# Build High-Performing Teams



80% of employees and teams within most organizations are not achieving their true potential. This means if you lead a team of ten, eight people are struggling to engage, produce, and innovate. **What if you could work on the root-causes that sabotage their performance to create sustainable results?** The Positive Intelligence (PQ) Mental Fitness app 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

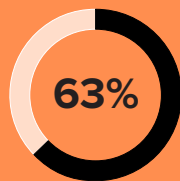
## When Mental Fitness is Weak

- 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

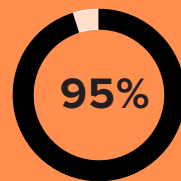
- Disengaged colleagues
- Weak company growth



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

\*Salesforce Research

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

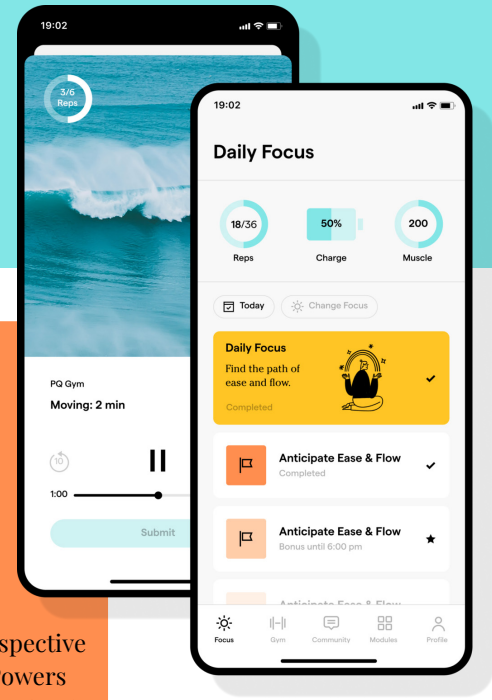


95% of purchasing decisions are driven by **emotions**\*

\*Harvard Business Review

# Scalable and Sustainable Way to Achieve Your True Potential

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 Mental Fitness app-based annual subscription platform ensures sustainable results for individuals, teams, and organizations.



Week 1 – 6



Week 7 – 52

### Immersive Foundational Program

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

### 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.

### Teams Modules

Beginning with a Team Assessment, intact teams learn how to maximize both performance and wellbeing by strengthening the pillars of high-performing teams:

- 4 Pillars of High-Performing Teams
- Triple Purpose
- Healthy Conflict
- Earned Trust
- Mutual Accountability
- Energy Optimization
- Team Architecture

### Membership for Close Family

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



## Enhance Your Team's Performance and Wellbeing

Interested in the Positive Intelligence Program for your team?

## Let's connect

As Featured In

The New York Times

FASTCOMPANY

THE WALL STREET JOURNAL

