



Power your Team's Potential

Mental Fitness Programme





Mental Fitness Coaching

About

Karen Boyd, accredited executive coach and Positive Intelligence® mental fitness coach, works with values-led leaders and their teams to create more happiness, purpose and success in work and business.

Programme Background

Most teams work too hard, experience too much conflict, friction and stress, and vastly underachieve their potential. This is because every team member is unknowingly sabotaging both their own and their team's performance and wellbeing. We will enable your teams to maximize both performance and wellbeing simultaneously by focusing on the root-level mental muscles that impact both.

The Mental Fitness Programme is based on the **Positive Intelligence® Framework** developed by Shirzad Chamine. He is the author of NYT bestseller *Positive Intelligence*, has lectured on Positive Intelligence® at Stanford and trained faculty at Stanford University and Yale Business School.

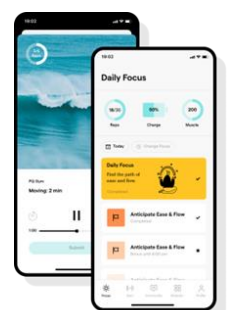
The programme has boosted mental fitness and generated spectacular results for employees of hundreds of organisations across the globe.

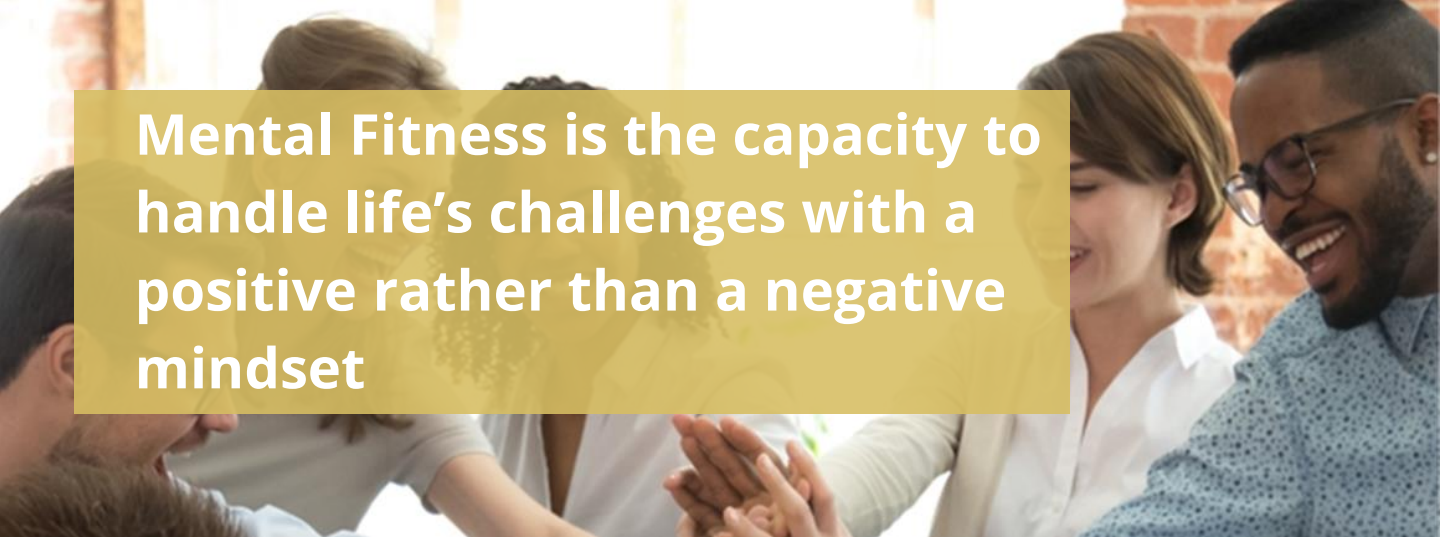
Through Karen's coaching and access to the exclusive Positive Intelligence® app, providing weekly video training, mental fitness exercises and progress tracking, participants will learn how to **grow the three core mental muscles** necessary to **radically reduce stress levels, unlock performance, improve relationships and build a strong team culture.**

Goals and Objectives

See lasting, transformative impact on performance, culture and well-being:

- By investing 2% of your time, you can significantly increase individual and team performance.
- Strengthen team culture by training members to bounce back quickly from conflicts and challenges.
- Unlock your team's potential by enabling members to do and be their best, consistently.
- Vastly improve teamwork and collaboration.
- Reduce stress and boost happiness.





Mental Fitness is the capacity to handle life's challenges with a positive rather than a negative mindset

A scalable and sustainable way to enable every team member to build mental fitness and achieve full organisational potential.

How will you and your team benefit?

★ Talent

Create and maintain a culture that engages, attracts and retains quality talent

★ Well-being

Improve confidence and manage stress better, even in tough times. Boost overall happiness.

★ Resilience

Recover from disappointments faster and respond to an ever-changing business environment with agility.

★ Impact

Take clear-headed, laser-focused action to achieve your goals.

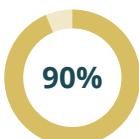
★ Bottom Line

Increase profitability with improved performance and results.

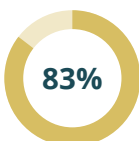
★ Relationships

Strengthen teamwork and collaboration. Turn conflicts into opportunities to deepen connection and build meaningful, healthy relationships.

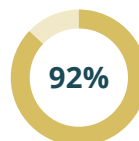
The results span both performance and wellness across the organisation*.



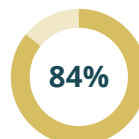
Use emotional/mental energy more effectively



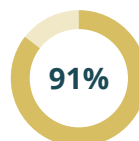
Improve self-confidence



Better at teamwork & collaboration



Better at conflict management



Manage stress better

Build powerful habits for a positive mind and unlock your team's potential

Build strong foundations for a happy, high performing team with a proven, scientifically designed programme which brings out the best in people, consistently.

Most attempts at positive change fail because we stop at insight and don't build new habits. The programme design empowers you to take consistent action to form impactful new habits with the support of daily app-guided exercises, weekly experiential training and group coaching.

How to level up your team

1 Positive Intelligence® Programme

2 GROW

3 Coaching



What's included in your programme

1. Mental Fitness Foundation (boot camp – week 1-8)

- The 7-week flagship app-guided Positive Intelligence® programme with weekly one-hour video sessions, daily coach focus and Mental Fitness reminders, and an interactive brain gym (content available on demand).
- Saboteur self-assessment
- Seven coach-led group sessions to deepen the knowledge and application of concepts (1-hr zoom calls).
- Dedicated group to share learning and any obstacles to progress and support each other.
- NYT bestselling book *Positive Intelligence* (audio/pdf).
- 12 months app access to all programme content.

2. GROW your Mental Fitness (week 8+, optional)

- Daily app-guided coach challenges and Mental Fitness exercises (customisable).
- New PQ application modules (stress management, conflict management, energy/impact optimisation, resilience etc.).

3. Coaching (week 8+, optional)

- Monthly group coaching session to deepen learning and application of mental fitness concepts to current challenges.

What makes this programme different

Creating lasting change

★ Focus on habit formation

Most trainings result in short-lived improvements. For sustained results, we focus on building neural pathways that form lasting new habits. That's why we call this "mental fitness".

★ Treating the root-cause not symptoms

Our research has revealed the foundational root-level enablers and disablers of optimal performance and wellbeing. We rewire the brain at the root cause level.

★ Research-based tools, measurable results

Our research has included more than 500,000 participants from around the globe. Our tools have been field-tested with thousands of tough-minded participants, ensuring their efficacy.

★ A platform for ongoing growth

Similar to physical fitness, mental fitness is not a short-term training. After the initial seven-week foundation training, our app ensures continued growth through a variety of work and life applications.

Positive Intelligence® has generated spectacular results for employees of hundreds of organisations.

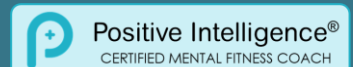


Dramatically increase the impact of YOUR team

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Accredited Career & Mental Fitness Coach



Testimonials



Matt Leeser  · 1st

Category Trading Director | Commercial Director |
E-Commerce Trading Director

October 16, 2022, Matt was Karen's client

Karen was a fantastic coach through this Mental Fitness course, delivering pragmatic coaching alongside determined, yet patient guidance. The course itself improved my situational awareness to recognise habits that aren't helpful - calming any negative self-talk and ensuring I was consciously acting on my impulses that sabotage my performance and focusing on what I can do well. This was a great experience to provide techniques useful to me, but also better understand colleagues on the course and build a stronger team unit. Highly recommend for leaders and their teams to improve performance and well-being but also just as applicable for individuals.



Charlotte Eve (She/Her) · 1st

★ CV Writer, LinkedIn Writer, Interview Coach & CV ...

1h · 

This Mental Fitness Programme is transformative. I did it last year, it not only increases your self-awareness, it re-programmes how you think and gives you the tools and techniques to move forward, and handle whatever life throws at you with a clear head and a considered approach. It also helps you understand why other people behave the way they do, so increases empathy. I'd highly recommend it for employers with teams that need to work closely together as it breaks down ego and builds trust. Karen is also awesome, highly skilled and a great coach to lead this programme!

"Most of the trainings I've done fizzle out very quickly. I started this program a year ago and its impact on me keeps growing. It has been life changing on so many levels. I'm so much more effective and have so much less stress in every area of my life — from blowing past revenue targets at work, to far more fulfilling relationships at home."

Bruce Zali
VP of Sales & Marketing
Promise Technology

"This workshop changed my life. I'm working half as hard and generating twice the results. It's amazing what's possible when you use these powerful tools."

Brad Fisher
Executive Director
Featherstone Holdings

"This is the best 'training' I've done in my 37 years here... I personally have experienced a new sense of energy, engagement and possibility both at work and at home — and I am actually getting full nights of sleep!"

Gale Beckett
Former VP, Quality Assurance
P&G

"This has been an extraordinary gift for my team. The concepts are phenomenal - a true revelation in the way to think and handle work and life's challenges. Besides the lasting impact on myself, I've loved hearing how many people this has touched in my company."

Jessica Herrin
CEO, Stella & Dot

"This has been the most impactful training I ever experienced. You develop powerful mental muscles to deal with challenges with much less stress and greater clarity, creativity, and resilience. Every sales professional would benefit greatly from this."

Adam McGraw
Sales VP & GM,
American Express

"This has been a profound growth experience. I now consistently feel joy and calm in the middle of handling the many challenges of running my company. Almost a feeling of 'Throw it at me... I can handle it' - like I want more challenges now, as if nothing is too much."

Becky Sharpe
CEO, Collegiate Sports Data