



# Power your Team's Potential

Mental Fitness Programme





# Mental Fitness Coaching

## About

Karen Boyd, certified career and Positive Intelligence® mental fitness coach (CPQC), 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 proposed 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.

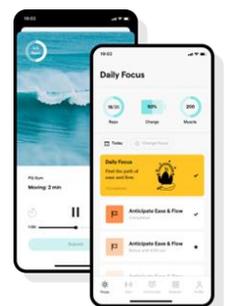
The programme has boosted mental fitness and generated spectacular results for employees of hundreds of organisations across the globe.

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 increase individual and team performance by 10-50%.
- 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.



# Only 20% of teams achieve their potential

Is your team one of the high performing 20%, or one of the 80% that is settling for less?

## If your team is struggling with:

- High levels of stress.
- Lack of trust.
- Lack of transparency and collaboration.
- Lack of buy-in to a cohesive purpose.
- Lack of engagement.
- Lack of focus on top priorities.
- Lack of accountability.

The source of these problems is NOT a lack of skills or training.

**It is a lack of “Mental Fitness”, the ability to respond to life’s challenges with a positive rather than a negative mindset.**

## What leaders are saying

*“Lasting and transformative impact on me and others in my organization.”*

Lisa Stevens, Region President  
Wells Fargo Bank

*“A must for any individual or team serious about unleashing peak performance.”*

Dean Morton, Former COO  
Hewlett-Packard

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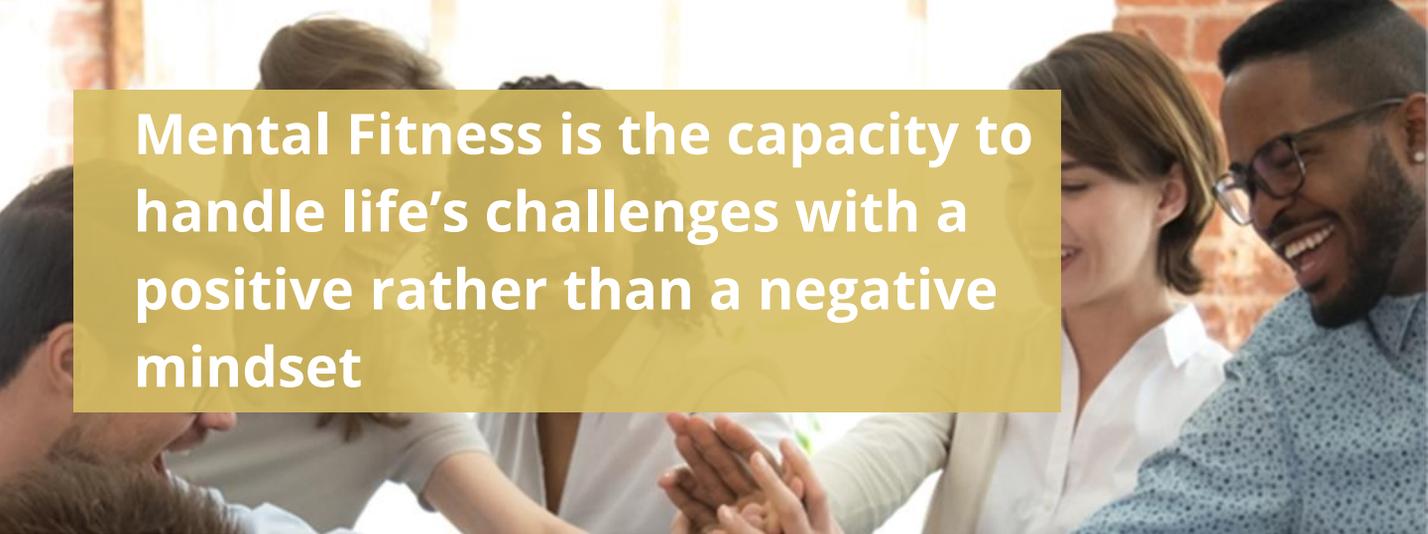
Most training creates short-lived positivity that fizzles soon after the event. However, breakthroughs in neuroscience, positive and cognitive psychology and performance science have revealed a proven process for bringing out the best in people, consistently.

## You CAN create a team culture with:

- Lower stress and higher fulfillment.
- Higher retention of the best people.
- Laser-like focus on the most important projects.
- Increased sales and client satisfaction.
- Improved relationships, trust, and collaboration.
- Increased employee engagement and enthusiasm.



**By focusing just 2% of your time each week, you can build the Mental Fitness of your team, create the high performing culture you need, and get the results you want in a way that brings deep fulfillment.**



# 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 Group Boot Camp (Foundation)

- Our 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.
- Saboteur self-assessment
- Seven facilitated accountability-sessions with your certified PQ coach.
- Dedicated group to share insight, learning and any obstacles to progress and support each other.
- NYT bestselling book *Positive Intelligence* (audio/pdf).
- App access for 12 months to continue building Mental Fitness.

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

- Daily app-guided coach challenges and Mental Fitness reminders.
- Monthly live PQ application video call and Q&A with Shirzad Chamine (topics include productivity, well-being, conflict management, leadership etc.).
- New video modules (stress management, conflict management, energy/impact optimisation, resilience).

### 3. Coaching (1:1 and/or group - week 8+, optional)

- Keep growing your mental fitness as individuals and/or as a team with the support of your PQ coach.
- 4 Pillars of high-performing teams (modules/workshops)

# 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 a million 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.**



**To discuss how you can dramatically increase the impact of YOUR team, contact Karen**

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Career & Mental Fitness Coach (CPQC)





# Praise for Positive Intelligence.

"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

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"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

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"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 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

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"I am much calmer and have a greater sense of happiness than I have felt in years. I feel physically lighter, and my energy is higher. Sage is now present all of the time. I sleep better, eat better, exercise better."

**Sandi Sandiland**  
Head of Global Sales P&D  
Amazon

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"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

"What is new and life changing is the 'mind control,' the ability to 'let go' when any negative feelings take over. This program has given me the ability to be in the driver seat of my life."

**Nathalie Brys**  
General Counsel  
Philips

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"All my life I thought my high achievements were impossible without feeling constant stress. I've now learned to achieve even more with a calm and clear mind. I'm now enjoying every day, not just the final accomplishments. At the end of the quarter, I don't feel the need for a long vacation anymore."

**Sharon Pinedo**  
Head of Sales (Workplace)  
Facebook

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"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