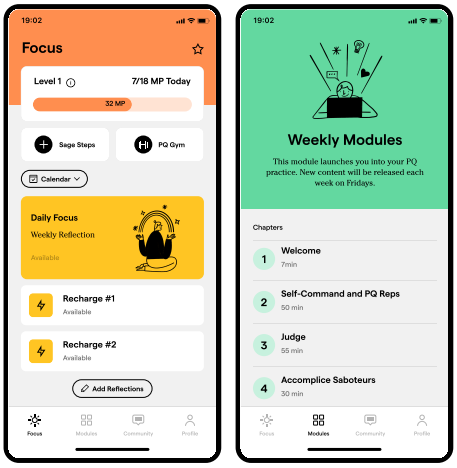


Elevate Performance & Well-Being With the All-New PQ Program

Most efforts to create positive change fall short because we fail to build lasting habits. For sustained change, developing new neural pathways through consistent daily practice is essential. The enhanced PQ Program from Positive Intelligence® helps your team achieve this.

The PQ Program provides practical, science-backed tools to improve performance, team dynamics, and well-being. Designed for busy schedules, the program helps leaders and teams build mental fitness through simple daily practices.



What's New in the PQ Program?

Personalized Engagement	Participants can control their pace, choose experiences, and delve deeper into specific areas. **Key Benefits:** Flexibility to accommodate different learning styles
Updated Interactive Learning	Weekly video modules feature short clips and interactive experiences for immediate application. **Key Benefits:** Improved understanding and practical application
Enhanced Daily Practice	A short morning audio session establishes consistent daily mental fitness practice. **Key Benefits:** Increased clarity, confidence, and resilience throughout the day
10-Second Mental Exercises	Quick, actionable exercises reinforce the core principles of mental fitness anywhere, anytime. **Key Benefits:** Simplicity and improved retention
Trauma-Sensitive Content	Guidance on interacting with the content based on individual needs creates a safe learning environment. **Key Benefits:** Enhanced support and accessibility

A Strategic Approach to 4 Key Business Challenges

The all-new PQ Program tackles critical organizational challenges with enhanced strategies for creating lasting positive change.

Burnout & Well-Being

10-second mental exercises empower employees to reset and refocus, reducing stress in real time, while trauma-sensitive content supports all participants.

Key Benefits:

- Improved employee well-being
- Higher engagement and job satisfaction
- Enhanced productivity and focus

Performance Pressure

Enhanced daily practice ensures participants start each day with clarity, while 10-second exercises maintain productivity throughout the day.

Key Benefits:

- Enhanced focus under pressure
- Reduced stress-related errors
- Sustained productivity without burnout

Adapting to Change

Personalized program engagement allows employees to learn at their comfort level. Interactive modules provide real-life examples to apply skills effectively.

Key Benefits:

- Increased adaptability
- Improved team resilience
- Reduced resistance to change

Team Cohesion & Leadership Development

Participation in the program provides teams with a shared language and mental operating system, enabling greater trust, understanding, and collaboration.

Key Benefits:

- Stronger teamwork and collaboration
- More effective leadership
- Enhanced overall performance

Continue Growing with the PQ Program

The all-new PQ Program is designed for continuous growth and development. After the initial weeks of building core mental muscles, the PQ app helps your team reinforce foundational concepts with short daily audio sessions. Additionally, the app offers interactive modules that show how to apply learnings across various work and life scenarios, ensuring lasting success.

Ready to See Results?

The all-new, app-guided PQ Program delivers a dynamic approach to mental fitness that integrates into your team's busy schedule. Discover how Positive Intelligence's enhanced tools can unlock peak performance and well-being within your organization.



To learn how the PQ Program can empower your team to reach its full potential, email:

warren@mndset.uk