



Build a Strong Team

Globally, only 23% of team members feel engaged at work and 44% report experiencing high levels of daily stress.

This means that if you lead a team, many of them could be struggling to engage, produce and innovate.

Gallup State of the Global Workplace: 2023 Report

Team members may become:

- **Overwhelmed by self-doubt**
- **Struggle to bounce back from hardship**
- **Susceptible to burnout**
- **Unable to manage stress and anxiety**
- **Unfocused**
- **Sidetracked by failures**
- **Conflicted in relationships**
- **Susceptible to communication breakdowns**

The result impacts:



Create a place of growth and belong

What if you could work on the root causes that sabotage their performance to create sustainable results? The Positive Intelligence (PQ) Mental Fitness programme delivers personalised daily practices that strengthen the core muscles of mental fitness. This helps your team to build:



**Individual
Wellbeing**



**Healthy
Relationships**



**Collective
Growth**



A scalable way to continuously unlock true potential

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



Self-command

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.



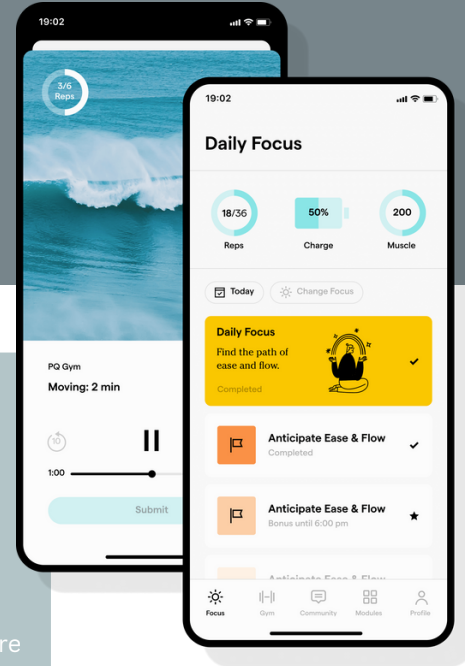
Saboteur Interceptor

Intercept your mental saboteurs the moment they try to hijack your performance, well-being or relationships. This shifts the balance of power from wasteful negativity to a sage mindset.



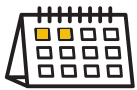
Sage Perspective

Learn to reframe failure by unleashing creativity and innovation while building resilience and perseverance.



How it works

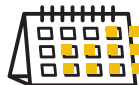
The PQ Mental Fitness Programme **ensures sustainable results** for individuals, teams and organisations through learning, continued application and group sharing.



Week 1 to 6

Immersive Foundation Programme

New neural pathways and lasting results are created through intensive daily practice, weekly video sessions, accountability groups (called Pods), measurable progress and community support.



Week 7 to 52

PQ Grow Programme

Once the foundational core muscles are established, an app-led growth phase ensures continued growth through daily practice and a variety of work and life applications.

Team Modules

Beginning with an assessment, teams learn how to maximise both performance and well-being through the following immersive modules:

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



Welcome to the family

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

Reveal your saboteurs

Take a quick free assessment

Talk to us

info@awe-inspiring.co.za

Discover more

Visit awe-inspiring.co.za/mind
Book a free exploration session