

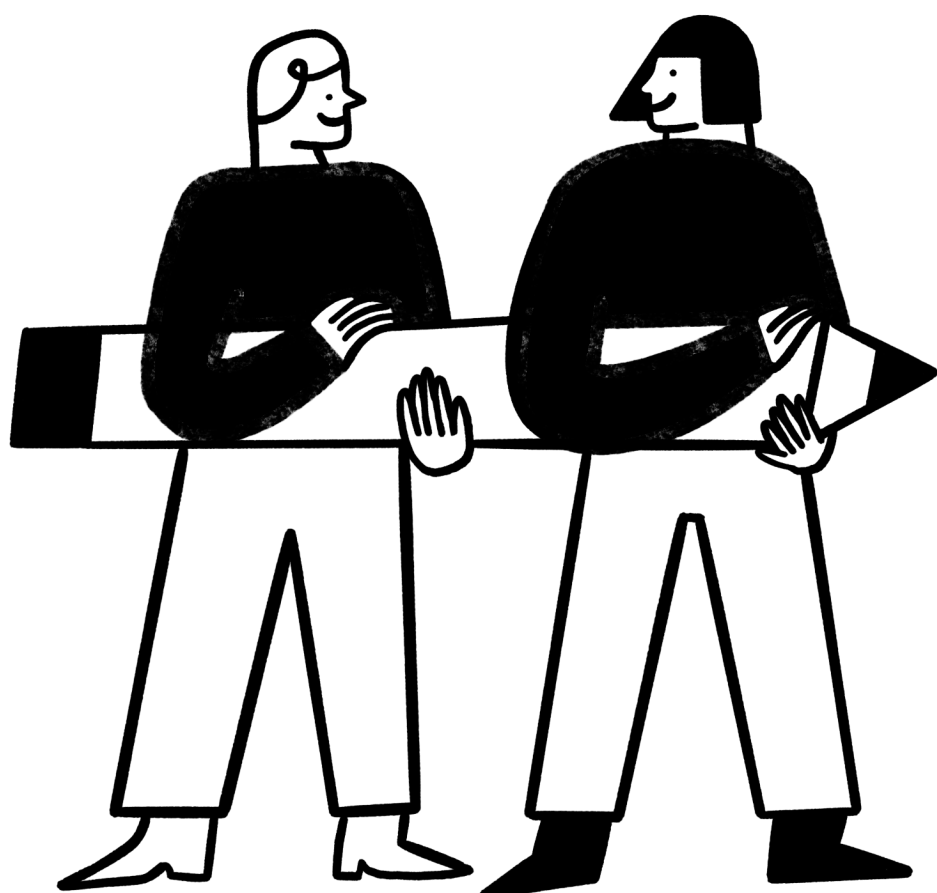


**Positive Intelligence &
Fortune Global 500 Tech Company
Spark a Mental Fitness Movement**

Introduction



Over 5,500 employees and family members representing all ages, genders, and nationalities from 54 different countries registered for the inaugural program. Participants reported reduced stress, improved self-awareness, and a greater sense of peace and general wellness. Early adopters in the program sparked interest for future participants, leading to growing interest and high engagement levels.



Positive Intelligence® partners with a Fortune Global 500 technology company to launch a global well-being program.

In 2022, a massive Fortune Global 500 technology company addresses growing employee needs with programs that support overall well-being, with specific focus on:

- Emotional well-being
- Physical well-being
- Life Balance
- Social/Community well-being
- Financial well-being

The company launched its first mental fitness program with Positive Intelligence in May 2022 to support employee emotional well-being.

“We were blown away by the initial interest. We only anticipated 800 and the pre-launch webinars gained interest from 16-year-olds to 60-year-olds, who continue to engage with the app for daily training exercises and videos.”

Kevin
Program Manager for 20+ years.

The Story Behind their Global Wellness Program



As a technology company, focused on innovation, imagination, inspiration and invention, their global wellness program empowers and incentivizes employees to achieve personal wellness goals in their mental, physical, emotional, relational and financial lives.

In May 2022, the company expanded their wellness program with tools and incentives to address the growing demand to address mental health and wellness. The COVID-19 pandemic, in addition to global economic and political crises, drew attention to rising levels of employee stress and anxiety in the face of growing uncertainty and change. The company responded with an increased focus on helping employees and their families throughout the world return to living lives of fulfillment, happiness and meaning.



The Positive Intelligence (PQ) Mental Fitness program is a natural addition to their self-directed global wellness program model. The PQ Mental Fitness program engages employees in a simple, app-guided and peer supported experience designed for all genders, ages, and cultures. Employees personalize and monitor their progress in 2-minute daily training segments at times that fit their schedule and meet with peer accountability pods of up to 12 members once per week. PQ easily scales across their global organization and enables even greater results by including family members in the program.

The Challenge —————>

How to reduce employee stress and anxiety and sustain increased happiness, wellness, and satisfaction through improved mental health

Context

The COVID-19 global pandemic highlighted the need to help employees reduce growing personal and professional stress and anxiety. In response to the pandemic and growing economic and political crises across the globe, this leading Fortune Global 500 technology company added mental health tools and incentives to their wellness program.

Action

Positive Intelligence provided a complete, researched-based mental fitness program with a simple, app-guided and peer supported experience perfect for their global employee culture.

Why Positive Intelligence



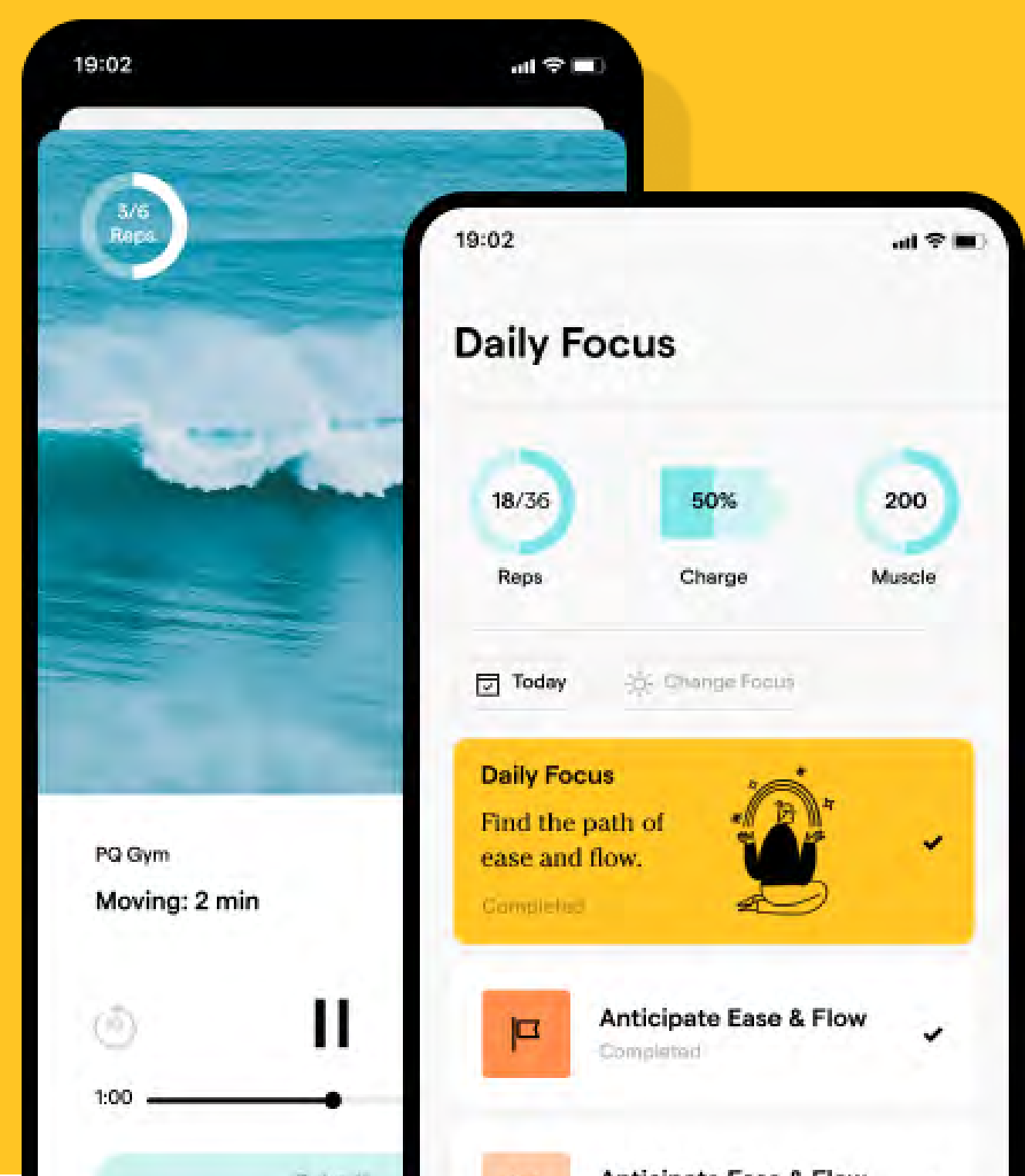
Positive Intelligence provides an innovative, easy-to-use mental fitness program to help employees and their family members achieve their goals for happiness, wellness and success. The program was simple to promote, implement and scale with the dedicated PQ Client Success Team.

This Fortune Global 500 company gives employees access to other self-help apps for meditation, sleep support, nutrition, and other health programs that impact wellness. They did not find another mental fitness program that creates real, sustainable results to reduce stress, increase happiness and build relationships and performance.

The PQ Mental Fitness program guides participants on the journey to mental fitness with ease, and acceptance. The Saboteur assessment gives employees individual results to personalize their program, reduce stress and anxiety, while building a positive mindset to achieve their goals for happiness, wellness and success.

Program Features

- ✓ Scalable solution to improve wellness across the global organization
- ✓ App-based technology with personalized guided mental fitness exercises
- ✓ Unique mental fitness assessments for every individual to monitor progress and growth
- ✓ Friends and Family Access to foster personal relationship building
- ✓ Easy program implementation and support



How the Company Launched and Used the Positive Intelligence Program

The program launched seamlessly with the direction of the dedicated Positive Intelligence Client Success Team. The program kicked-off with a webinar led by Shirzad Chamine, the creator, founder, and CEO of Positive Intelligence, which built enthusiasm and excitement for over 10,000 employees across all departments, in 54 countries.

Following the webinar, 5,500 employees and family members expressed interest in the program. The company invited employees to register for one of four cohorts starting throughout the year and offered them a small incentive for participation.

Participants completed short, daily sessions through the PQ app and watched weekly training videos on their own.

They also participated in weekly accountability “Pod” meetings with up to 12 peers in similar time zones. Pods and Pod meetings add accountability, provide camaraderie and create an opportunity to discuss the week’s training lesson, questions, personal victories, and challenges in a safe environment. Internal program champions, trained by Certified PQ Coaches, led their peers throughout the six-week foundational program.



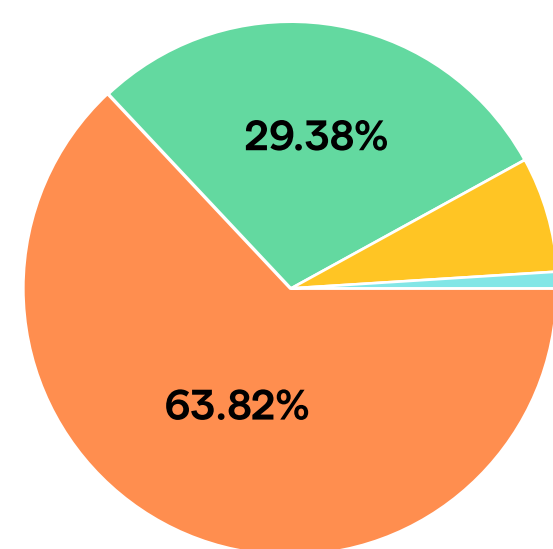
The PQ app makes engagement easy and gives participants visual measurements of their progress. Other important features contribute to sustained improvements including:

- Community within the app
- Mental Fitness gym
- Positive Intelligence audiobook
- Individual assessment results

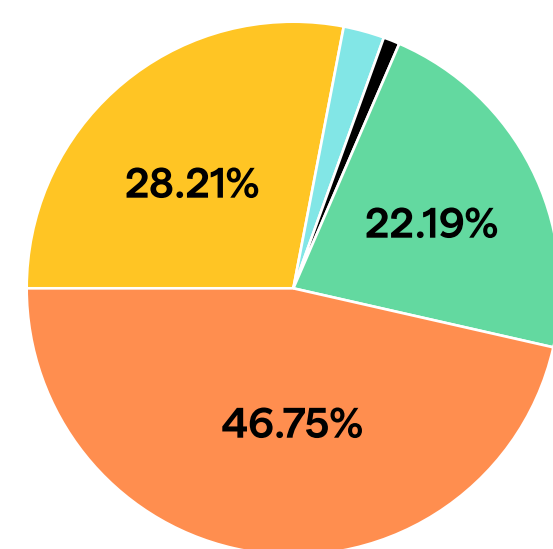


“I am now able to separate my Saboteurs from myself,” remarked Kevin after completing the PQ foundational program. “My judgment of a circumstance or person may be influenced by my Saboteurs and I can intercept them before they cause damage I didn't understand before the PQ program.”

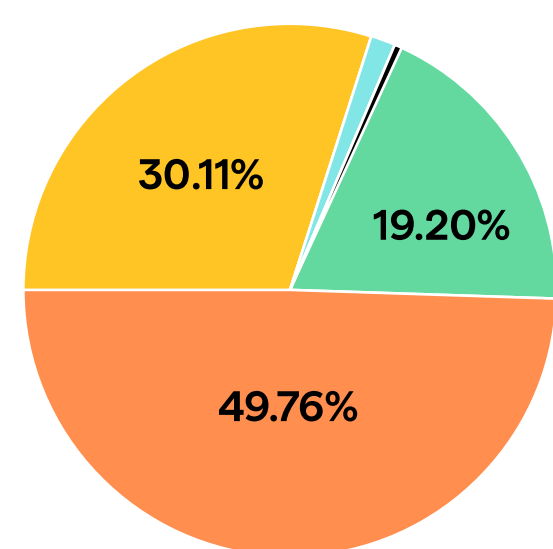
The Results



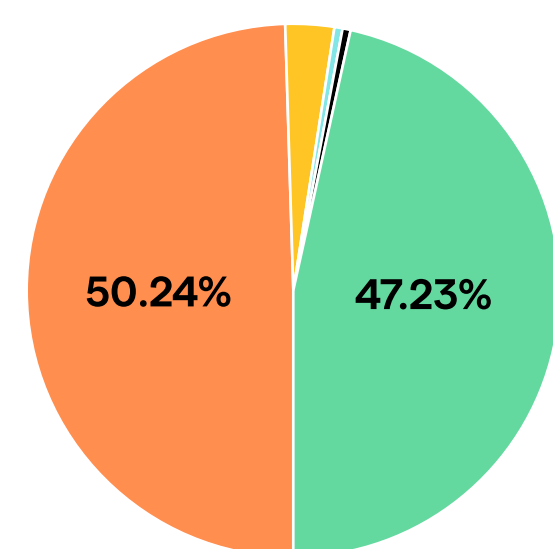
93% of Respondents Say They Manage Stress Better



70% Feel More Engaged at Work



Nearly 70% Say their work relationships have improved



97% have strengthened their emotional intelligence (EQ)

Strongly Agree Agree Neutral Disagree Strongly Disagree

Almost all survey respondents now use their mental and emotional energy more effectively*

Over 70% of employees who completed the program now feel more enthusiastic about work

97% have strengthened their emotional intelligence (EQ)*, which contributes directly to professional success

Nearly 2/3 care more about company culture after completing program*

Outside of work performance, 88% of survey respondents reported that they now handle personal relationships better



Citations: *Positive Intelligence 2022. Fortune Global 500 Company Cohort 1, 2, and 3 NPS Survey

Testimonials

Happy employees

“I am so grateful my company invested in me in providing this training. This has been a great help for me to deal with life's stresses and it has already impacted my life, far beyond what it has done for me within the work environment. Thanks for helping me be a better, more in control, person.”

Amazing that my company offered this training to it's employees. I am a much more focused, calm and confident person at work and in my personal life.

If you want to make a positive change that lasts - do this program!

About the Program

Positive Intelligence program is a life-changing experience. First, you will discover what drives your behavior, attitude and decisions, then you will be training on how to take control over your life. The problem is very well structured, very easy to follow. The effect is remarkable, this is the best training program I've ever had in my life. Thank you, Shirzad, and to your wonderful team.

Positive Intelligence gives all necessary tools to manage stress, conflicts, be more productive at all areas

In overall what you learn is an "Operative System" that you can apply at any circumstances in your life, it teaches you to live with the sage, boosting your energy, engagement, happiness.

Real life results

I learned how to deal with daily activities at work, to become more productive, release the stress, reduce conflicts and increase good relationships with colleagues and customers

This was by far the best training I've taken so far! I've learned tools to be more effective, productive and "in the moment" in life in general...which helps at work and home!

I became more productive and happier at work and in my personal life!

Just 15mins a day has improved my life drastically



**Partner with Positive Intelligence to create
a wellness program at your organization**

Schedule a Discovery Call