



Positive <sup>®</sup>  
Intelligence

# Your Mental Fitness Partner

- Case Study -

PQ for Healthcare Institutions



# Why the Positive Intelligence (PQ® Program)

## Powering Your Team's Potential

A Healthcare institution partnered with Positive Intelligence to reduce stress due to global uncertainty and organizational change; to increase resilience and to improve overall individual wellness.

The 6-week app-based foundational mental fitness training included weekly videos, daily exercises, and metrics to monitor daily mental fitness strength, program progress and daily reflections. A weekly pod meeting led by a Certified Mental Fitness Coach gave participants a forum to discuss the weekly lesson, create accountability and build relationships.

### After only 6 weeks, participants reported:



- 100%** increased conflict management skills
- 92%** improved ability to develop others
- 91%** better stress management
- 90%** growth mental and emotional energy expenditure
- 86%** increased happiness
- 83%** improved self confidence

Positive Intelligence provides a great way to interpret how and why I react the way I do, and more importantly to develop the "brain muscle to interpret and react differently and better to all life's challenges - less stress.

**Eric Bass** | University of Texas Southwestern Medical Center

"You have changed my life. I have a much better understanding of my own mind. I have a far better marriage. And I am in general, so much happier. I think it should be taught in schools. I WOULD HAVE HAD A MUCH BETTER LIFE!"

**Chris Stakich** | CEO & Co-Founder of Health Academy

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** | Former Sales VP & GM, American Express

# Objective of the Health Care Institution

Positive Intelligence (PQ) program aims to improve the Mental Health of Healthcare institutions with the PQ program technology.

## **1. Improved Quality of Life**

Stress, overwhelm and change negatively impact the quality of life and lead to destructive behaviors including disrupted sleep, overeating, alcohol/ drug abuse, and even suicide. Our self-awareness of these destructive behaviors generates a feeling of being stuck and unable to change. Negative self-talk overwhelms and sabotages our thoughts, making the challenge even greater.

## **2. Improved Quality of Patient Care & Improved Clinician/Patient Experience**

Stress related to the global pandemic, worldwide uncertainty and internal change reduce our ability to focus, to solve conflict, to take appropriate action and to engage in our work. When individuals - healthcare workers especially - face life threatening conditions, stress contributes to miscommunication, increased conflict, increased mistakes and decreased care.

## **3. Reduced Costs**

To cope with stress, we often choose quick, unhealthy ways to feel better, in the moment. Some common coping behaviors include overeating/undereating, lack of exercise, poor sleep, increased fatigue, alcohol/drug abuse and reactive behaviors like anger, avoidance, increased conflict. As participants increase their mental fitness and reduce stress, they naturally move away from unhealthy coping mechanisms and improve their mental and physical health.

## **Overall Results**

PQ program participants in the Healthcare institution reported significant improvements in their ability to manage conflict and stress, happiness, self-confidence, mental and emotional energy; and ability to develop others in just 6 weeks. Their quality of life improved both personally and professionally as they developed their sage muscle, increased their saboteur interceptor muscle and their self-command muscle.

# PQ Your Mental Fitness Partner Creating Impact for Optimized Wellbeing

## **1. Improved Quality of Life**

The PQ App based Foundational Program uses a Saboteur Assessment to create awareness of our negative thoughts, generated in our brain. Visible in MRI scans, our negative thoughts (called Saboteurs) reside in neural pathways in the amygdala region of our brain, home of our primitive, reactive responses. With research based PQ daily mental fitness exercises, we create and build new neural pathways to the prefrontal cortex, the center of our creativity, innovation, wonder and reason reside (called our Sage brain). Within just 6 weeks, MRI scans show an increase in neural activity to our Sage brain coupled with reduced activity by our Saboteurs.

Participants experience reduced stress, increased ability to handle life's challenges from a positive mindset and improved health, wellness, and relationships.

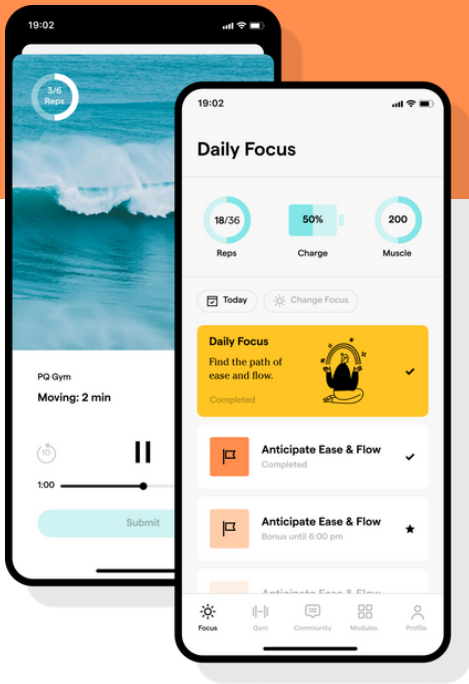
## **2. Improved Quality of Patient Care & Improved Clinician/Patient Experience**

The PQ Mental Fitness program uses factor analysis to educate and implement three core principles of mental fitness, called the PQ operating system. These 3 core principles simplify and improve our ability to (1) intercept our Saboteurs with the Saboteur Interceptor muscle; (2) recognize our Saboteurs in the moment with the Self-Command Muscle; and (3) activate our Sage Muscle which builds resilience and perseverance. As healthcare workers develop these muscles with daily practice, they are better equipped to serve the patient.

## **3. Reduced Costs**

The PQ Mental Fitness app-based program offers a simple, easy, portable solution for Irish citizens to monitor their mental fitness strength daily with research-based metrics. Individuals can see their sage muscle growing over time, consistently train in 2-minute intervals, and record daily reflections on their experience anywhere, anytime. Participants build a consistent mental health habit, improve healthy physical habits and reduce conditions like obesity, heart disease, stroke, and diabetes that reduce overall need for healthcare and medication.

# Build Powerful Habits for a Positive Mind



## Scalable Growth

Our customized app-based program is a sustainable way to enable you to build mental fitness in 7 weeks.

## PQ & Healthcare institutions: Creating impact

The Positive Intelligence Mental Fitness training (PQ) delivers the only research based, remote, easy-to-use mental fitness training technology to impact individual mental health awareness, change and sustained improvement leading to:

- Reduction in health care costs
- Improved patient experience
- Lower hospital admissions
- Shorter hospital stays
- Improved quality of service and reduction in errors



Stanford  
University

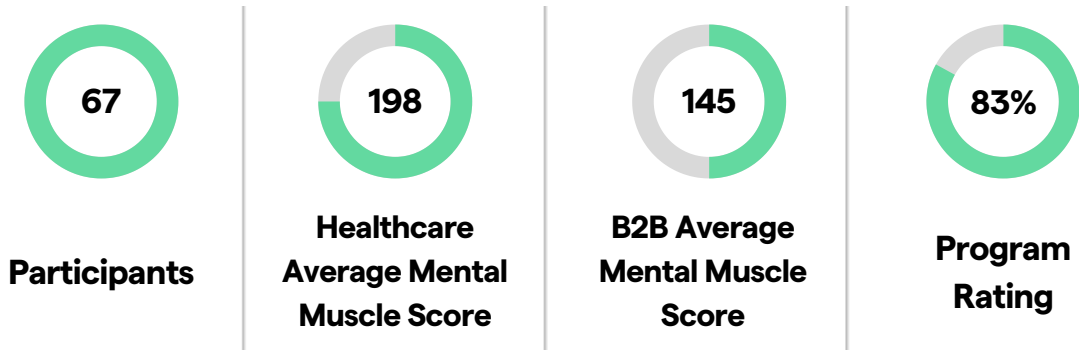
Google

## Improve Mental Fitness in just 6 weeks

Sustainable way to build mental fitness and achieve wellbeing.

Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. That's what our program design empowers you to do.

# Measurable Impact of the PQ Program in Healthcare



## Engagement Status (Healthcare)

### Thriving:

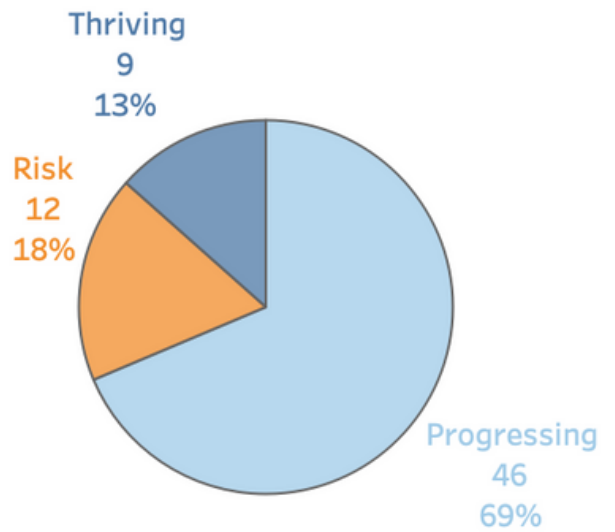
Participants with above-average muscle score and frequent activity on app.

### Progressing:

Participants with average muscle score and consistent activity on app.

### At Risk:

Participants with low or zero muscle score and little to no activity on app.

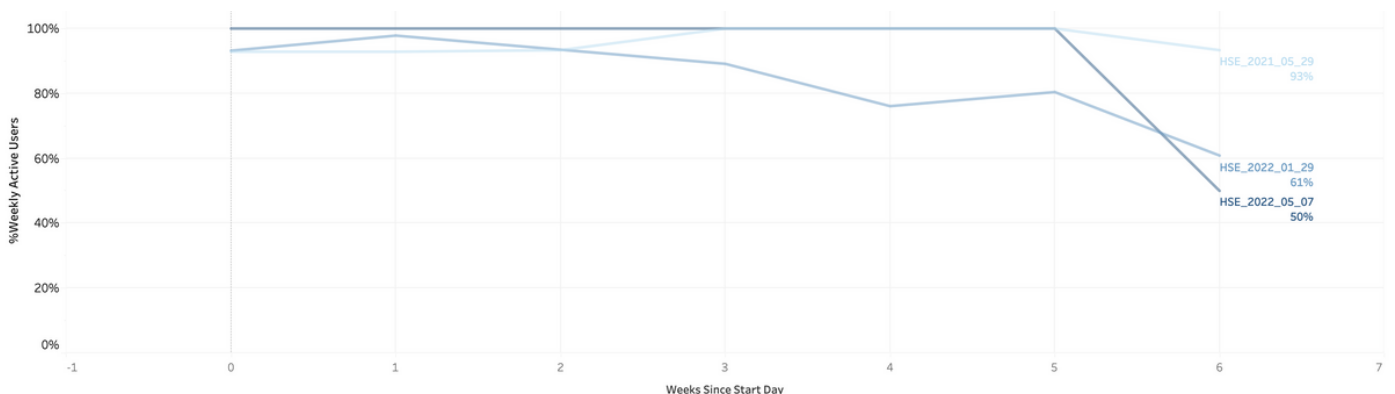


78% of participants were fully engaged in the program

## Results After 7 Weeks of the PQ Program (Healthcare)

Percentage of weekly active users:

This number measures the percentage of participants that have logged into the app each day. This will fluctuate throughout the program based on several factors (i.e. video days vs. coach challenge days, etc.)



## Participant Testimonials

"I undertook the 6 week flagship positive intelligence mental fitness programme 6 months ago, I found it hugely beneficial personally and professionally. I am better in myself, calmer in addressing problematic issues/relationships, I am more relaxed and can manage my own response to stress and external stressors better. I am better as a manager both in my relationships with my team and others. I have access to the mental fitness app for a year as part of being on the six week programme, I use it every day throughout the day even though I have a really responsible and busy job . I am better when I do the mental fitness exercises at the start of the day, it sets me up for a far better day and I am much more productive as I am more resilient and able to deal with whatever comes my way! It has also benefited me in my personal life..."

"The course has been an extremely positive experience and greatly helped me lead my team better and engage with stakeholders both during the COVID response and in setting up a new team in the newly established HSE Quality and Patient Safety Function. The programme is extremely accessible and practical. I think the daily commitment to the programme is really important and it is achievable because it is short and sharp, minutes only. The weekly team session also helps ground and apply the work. The programme has provided me with a better insight into myself, my strengths and my weaknesses. It has helped me to appreciate how other people work differently and how therefore to engage in ways that are win win for both of us."

"Liked the app  
Liked the weekly video sessions  
Liked the audiobook  
Liked the messages/teachings  
I think this could help many people"

"It helped me to learn more about myself and how my mind works - Why I react as I do. It helped to look at myself from the outside in."

## Participant Testimonials Cont'd

"I liked the focus on understanding how our feelings and thoughts affect our work and relationships; and that the programme gave us practical tools and techniques for addressing this. I found the focus on empathy particularly helpful."

"Simple, challenging, effective and energy saving."

"The content and video session were very good and the application useful."

"It gave me a very understandable way of looking at how my mind and thinking works and then it provided achievable ways to influence this thinking for the good. I loved the daily support from the app. I loved the weekly videos. I have really enjoyed the POD meetings. I loved having the audiobook - it's vital to listen to to get a really good grasp of the programme."

"The guided graduation through the programme. The app and daily personal connection hearing your voice and encouragement. The weekly meeting to check in with coaches Rhonda and Maria. The POD group opened honesty, friendship and support, the dash board, the community space to keep our own pod connected but also to see your responses to people on other programmes. The printed and audio book. Bust above all the impact using the PQ operating system has on me personally - a new accessible way to see how we best live in the world together."

"It's been very useful for personal approach to handling work situations - better when the programme is active and tuning into video tips, etc."

"Exploring and learning about the PQ operating system. The app, audio book, sharing in our POD."



## Contact

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