



**Positive Intelligence &  
Fortune 100 Tech Company  
Spark a Mental Fitness Movement**

## Introduction

### **Positive Intelligence® partners with a Fortune 100 technology company to launch a global employee wellness program.**

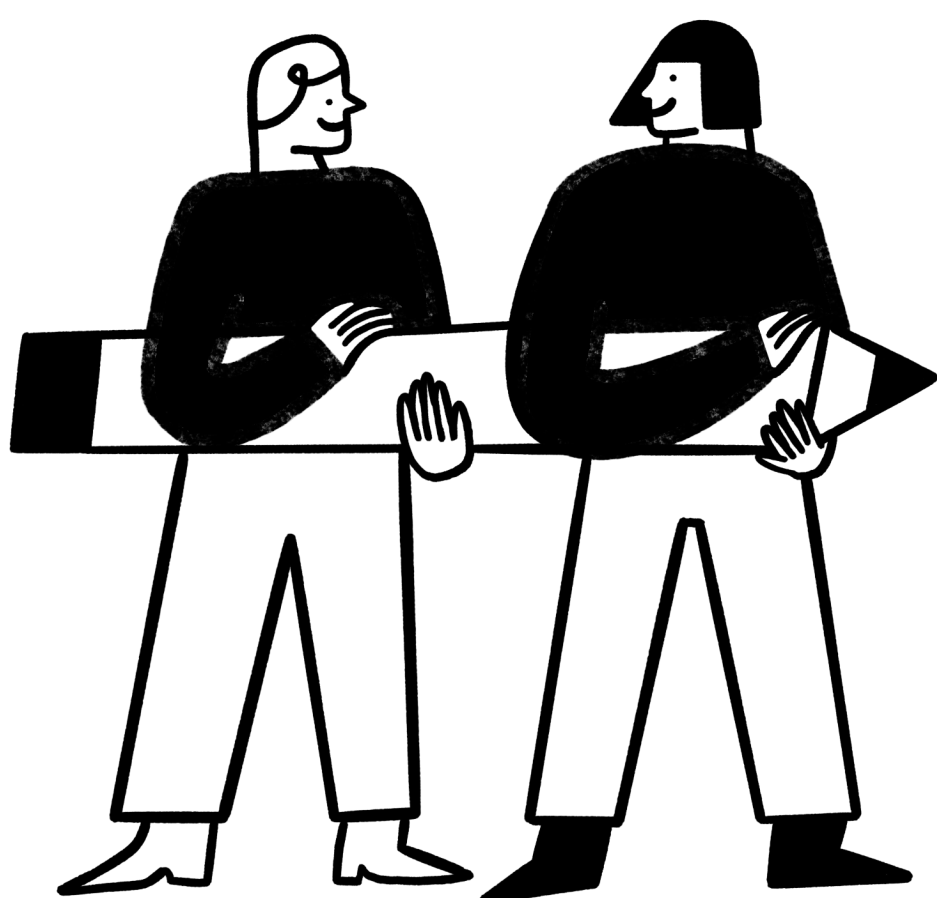


In 2022, a leading Fortune 100 technology company recognized that improving the well-being of its employees was a necessary step in maintaining its competitive edge, with a specific focus on:

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

The company partnered with Positive Intelligence and committed to investing in its mental fitness program as a key part of its holistic wellness strategy.

Over 5,500 employees and family members representing all ages, genders, and nationalities from 54 different countries registered for the inaugural program. Participants reported reductions in stress, improved self-awareness, and a greater sense of peace and general wellness. Early adopters of the program were instrumental in increasing participation rates and sparking a global mental fitness movement across the company.



**“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.



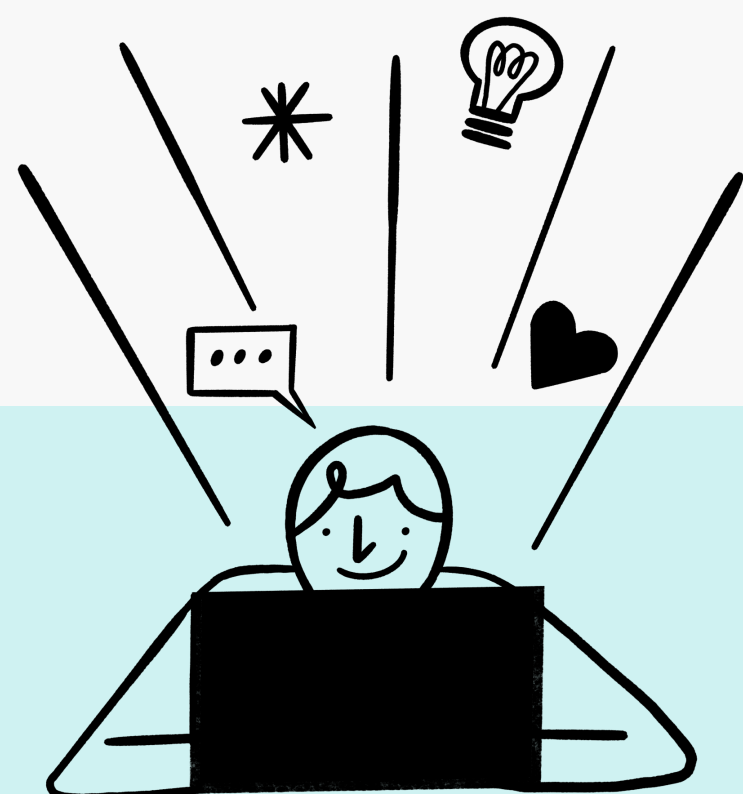
# The Story Behind their Global Wellness Program



As a technology company focused on innovation, imagination, inspiration and invention, they wanted to incentivize employees to achieve their personal wellness goals. Also recognizing that the COVID-19 pandemic and other global issues had a major impact on employee stress and anxiety, the company knew that employees and their families needed help.

In May 2022, the company announced that they would be providing new tools and incentives to address the growing demand for mental health and wellness across their global community. Committing to helping both employees and their family members better manage stress and anxiety during challenging times of uncertainty and change.

Working to better manage stress and anxiety is not only beneficial for employees, but also helps to ensure a healthy and productive workplace. They needed a scalable solution that would help individuals reach their full potential for happiness and well-being- the keys to job performance and satisfaction.



The Positive Intelligence (PQ) Mental Fitness program fit naturally into 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 Fortune100 technology company added mental fitness tools and incentives to their wellness program.

Action

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

Why Positive Intelligence



Positive Intelligence delivers mental fitness training to help professionals and their teams achieve their full potential for performance and happiness, through 15 minutes a day of app-guided practice.

The program was simple to promote, implement and scale with the dedicated PQ Client Success Team.

This Fortune 100 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.



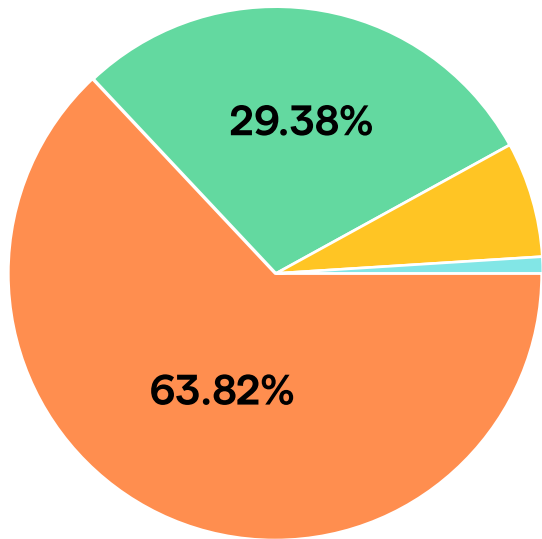
The PQ app makes engagement easy and gives participants visual measurements of their progress. Other important features contribute to sustained improvements including:

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

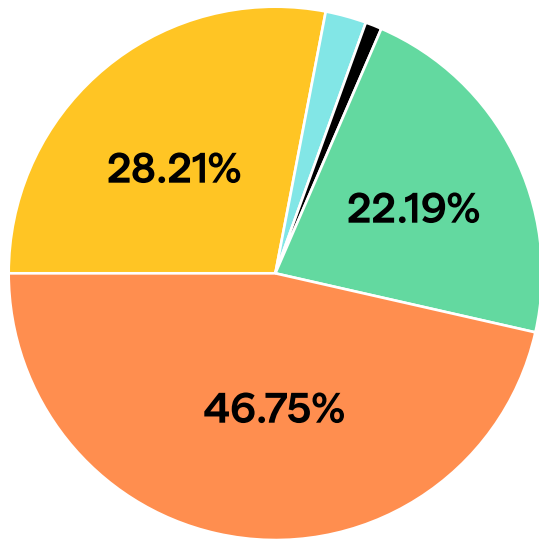


“I am now able to separate my Saboteurs from myself,” remarked Kevin after completing the PQ foundational program. “My judgment of a circumstance or person may be influenced by my Saboteurs and I can intercept them before they cause damage I didn't understand before the PQ program.”

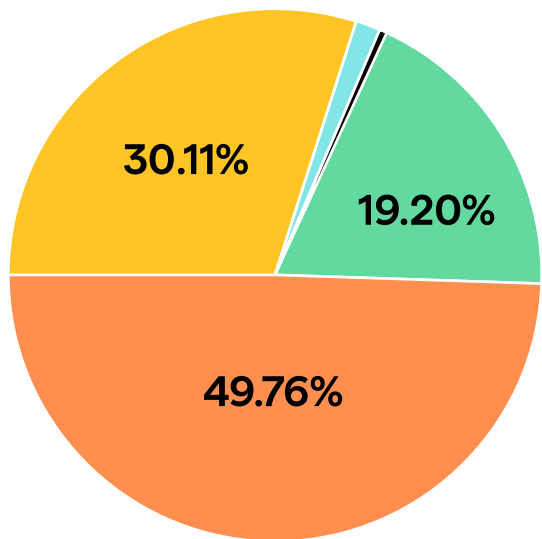
# The Results



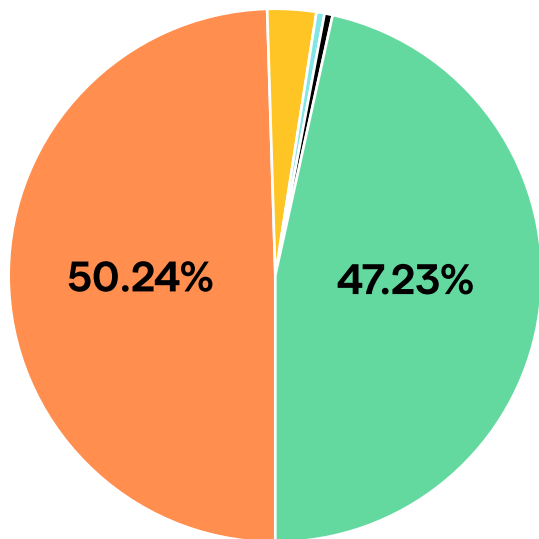
93% of Respondents Say They Manage Stress Better



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

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## 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 its 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 their program experience

The 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 program 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 you 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 within 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 15 mins a day has improved my life drastically



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

[Schedule a Discovery Call](#)