

# Mental Fitness for Teams with Emma

## Together Everyone Achieves More!

Teams working well together is a well proven route to success. Happier teams who are joined up, on the same page and have collective responsibility are more effective and more productive, something every organisation aspires to achieve. Team cohesion goes hand in hand with team performance and there is increasing awareness of how wellbeing, mental fitness and things like positive intelligence affect this, leading to optimum performance.

But how can this be achieved?

This is where I come in, as a Professional Certified Coach and trained Positive Intelligence Coach, I love to help teams to create a positive, cohesive, productive working environment, where people thrive and are able to reach their full potential, becoming more efficient and effective and ultimately happier!

Increasing our mental fitness and positive intelligence is a great way to do this. By building our mental muscles and working on the areas which are holding us back, which we ALL have in some form or another, we can change the way we show up and how we work together, becoming more united.

This Positive Intelligence approach is based in science (positive psychology, neuroscience, cognitive psychology and performance science) and has been simplified into an operating system, which once learnt and understood is really easy to implement into your daily life, with lasting sustainable results. Benefiting you and your team in all areas of your life, both personally and professionally.

Mental fitness is similar to physical fitness, involving building muscles just like any new skill. Initially it takes a little time to learn, but I am here to support you and your team on that journey. During the program we will work on identifying, understanding and weakening those critical inner voices we all have (our saboteurs), and learn to strengthen our access to our wiser self (our sage) and build up our Positive Intelligence Muscles!



## Benefits of mentally fitter teams...

- more cohesive and productive
- communicate more effectively
- managing stress and overcoming challenges more easily
- increased resilience
- more effective and improved decision making
- 31% increase in productivity and performance and 37% in sales
- 3 times more creative
- more confident and self-assured
- increased self-esteem
- increased self-awareness with greater understanding of themselves and others better leading to improved relationships personally and professionally
- feel more valued and supported,
- less stressed and healthier
- fewer sick days and reduced staff turnover, increased loyalty
- improved #LIFEworkbalance
- Can live up to 10 years longer!
- And they are happier!

"Gaining a deeper understanding about how the brain works to sabotage me achieving my full potential has really helped & given me some great tools to work with to overcome & change my behaviour"

Lee Simpson (Financial Adviser)

I am so confident that you will find great value in this program, I am offering a full money back guarantee, but only if you and your team fully complete the program and feel that is hasn't worked for you. There really is nothing to lose!

All you need to do to start your mental fitness journey is choose the package which works for you, it is as simple as that, just give me a call or drop me an email using the details below to get started or ask any questions you may have.

And if you are still unsure, you could start with a mental fitness lunch and learn session or half day workshop, to get a taste of what is to come.

Feel like this is a big time and financial commitment? I am curious, what is the cost/impact for you and your business as a result of underperforming, stressed, unhappy teams, increased sick days and staff turnover, loss of experienced/key team members and so on?

Just imagine what it would be like for your business if things were different? Investing in you and your staff in this way really is priceless!



## How does it work and what is involved?

Each pod has between 3 and 5 people who will go through the program together and there are 3 packages to choose from:

### 1. Mental Fitness Standard Package - £895.00 per person

- Free saboteur and positive intelligence assessment
- 8 x 30 - 60 minute weekly online pod meetings of up to 5 pod members led by me
- 6 x 1 hour weekly videos
- Access to the Positive Intelligence app for the daily 15 minute ' mental muscle strengthening gym sessions'
- Limited app access for up to 1 year after the initial 6 weeks
- Access to 8 chapters of the Positive Intelligence book

### 2. Mental Fitness Leaders Package (recommended) - £2,000.00 per person

- Mental Fitness Standard Package plus...
- 6 x 60 minute 121 coaching sessions with me (to be taken within 6 months of the start of the program).

### 3. Mental Fitness Executives Package - £3,000.00 per person

- Mental Fitness Standard Package plus...
- 12 x 60 minute 121 coaching sessions with me (to be taken within 12 months of the start of the program).

[www.emmaroache.com](http://www.emmaroache.com)

[emma@emmaroache.com](mailto:emma@emmaroache.com)

07956 679967

@emr\_coach



@emrcoach



Emma Roache  
Helping You Be Happier