

Mental Fitness at Work: Introduce It with a High-Impact Lunch & Learn

An engaging webinar that gets your people talking, reflecting—and asking for more.

You want to support your people—but not with another one-size-fits-all workshop.

You're looking for something that speaks to high performers *and* quiet strugglers. Something practical, grounded in neuroscience, and immediately useful for everyday work life.

That's where the **Mental Fitness Lunch & Learn** comes in.

This 45–60 minute virtual session introduces your employees to the science of mental fitness and why it matters now more than ever. It's built around the evidence-based framework of Positive Intelligence® and my own experience coaching leaders and teams across industries.

What Employees Get

- A clear, relatable breakdown of what "mental fitness" actually means
- Eye-opening insights from their **Saboteur Assessment** (pre-session)
- A roadmap to grow their "mental muscles" for focus, resilience, and connection
- Stories and strategies from people like them who've completed the 7-week PQ® program
- A safe, judgment-free Q&A where real questions meet real answers

Whether you're supporting 20 employees or 100+, this L&L is accessible, inclusive, and designed to resonate across departments and roles.

Why It Works for Organizations

- It's more than awareness—it's a **launchpad** for meaningful change
- Aligns with L&D, DEI, and employee wellbeing goals
- Helps HR spot disengagement early—before burnout spreads
- Offers a **low-lift, high-value** intro to a scalable solution

"Joel's leadership in running our Positive Intelligence cohort was nothing short of transformative. His ability to guide the group with empathy, clarity, and deep insight into mental fitness helped every participant unlock new levels of personal and professional awareness. The feedback we received was overwhelmingly positive—Joel is a phenomenal coach who truly practices what he teaches."

Maren Heldt, People Development Exec, Leica Geosystems AG

What Happens After

Once employees experience the impact, most want more. Your organization can:

- Sponsor the **full 7-week PQ® program** for all interested participants
- Offer it team-by-team via department heads
- Launch a **pilot cohort**, like Leica Geosystems, whose initial trial led to long-term coaching support across the division

How It Works

1. Find an open date in your org's L&D calendar (allow 2 weeks booking notice)
2. HR invites employees to the LnL and take the free **Saboteur Assessment**
3. Attendees receive Zoom login and join the session
4. They learn, reflect, engage—and leave with practical tools
5. You control what comes next

Let's Talk

 Or book a **Quick Hello** on my [website's calendar](#)

 Email me at joel@joelblom.com

 Visit joelblom.com for more about the PQ Program and its positive outcomes

Whether you're ready to roll or just curious how this could work in your org, let's connect.