
MENTAL FITNESS PLAYBOOK FOR BUSINESS TEAMS

Your people are your greatest performance asset. Not a campaign. Not a sponsorship.

They're your athletes-in-training—navigating pressure, change, and decision fatigue with the same intensity as elite performers.

Mental fitness isn't a perk. It's performance infrastructure.

This playbook helps teams:

- Minimise reactive behaviours and internal friction
 - Show up with focus, empathy, and composure under pressure
 - Build a culture of accountability, creativity, and sustained performance
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1. Spot the Saboteurs in the System Every team has invisible barriers: miscommunication, overcontrol, perfectionism, fear of conflict.

These are Saboteur patterns—not personality flaws:

- *The Controller: Micromanages, blocks delegation*
- *The Stickler: Prioritises perfection over progress*
- *The Avoider: Dodges difficult conversations*
- *The Hyper-Achiever: Prioritises optics over substance*

🎯 The Saboteur Assessment helps each team member build awareness of their patterns—and how they affect team dynamics.

2. Reboot in 10 Seconds Before tension spirals, reset with a PQ Rep:

- Before big meetings or feedback sessions → Breath or Body Awareness
- During conflict or stress → Fingertip Sensation or Sound Focus

🧠 One PQ Rep helps teams pause, de-escalate, and return to clarity.

3. Activate Team Sage: Sage powers collaboration, insight, and trust:

- *Explore: What's the deeper issue here?*
- *Empathise: How can we honour everyone's perspective?*
- *Navigate: What path aligns with our values and goals?*

Sage-led teams resolve faster, decide smarter, and stay connected through pressure.

4. Build Team Rhythms That Support Mental Fitness:

- *Begin meetings with a 30-second PQ Rep*
- *End with 1 Sage-focused insight (learning, gratitude, clarity)*
- *Create shared language around Saboteurs and Sage*

Small rituals = big culture shifts.

5. From Co-Working to Co-Creating Mentally fit teams:

- *Recover faster from conflict*
- *Lead with emotional intelligence*
- *Align execution with intention*

They don't just work together. They build momentum together.

6. Sponsor the Inner Game. External sponsorships build visibility. Mental fitness builds capability.

Real business impact comes from training your people like high performers—because they are.

When you sponsor their inner game, you:

- *Strengthen emotional agility*
- *Reduce burnout*
- *Boost clarity and consistency under pressure*

 PQ data proves it:

- +37% in performance
- +43% in wellbeing
- +44% in teamwork

This isn't wellness. It's work readiness.

7. The Ultimate Sponsorship Shift: Your brand's competitive edge isn't out there. It's right inside your organization, and on your payroll.

Want to fuel clarity, cohesion, and high-performance mindset across your team?

Next Step:

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select "Yes" to the question "Were you referred by a coach?"

It's revealing, insightful, and usually sparks some big "aha" moments around the mental patterns that may be quietly holding you back.

👉 Step 2 > Let's decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

