



FOR BOARDS, EXECUTIVE DIRECTORS, PROGRAM AND VOLUNTEER LEADERS

The mission is unlimited. The resources are not. The mind decides which one leads.

Mission work asks people to carry more than the budget covers — and rewards the ones who never stop. That is exactly how a committed leader quietly runs out.

Mental Fitness is the trained capacity to meet that load with clarity and intention.

WHAT IT BUILDS

- **Decide with a clear head**
Scarce resources need steady judgment.
- **Protect the mission**
Urgency stops setting every priority.
- **Lead through the ask**
Funding pressure without a shortened fuse.
- **Hold the team**
Mission work burns out the committed first.
- **Serve without absorbing**
Compassion that does not empty the tank.
- **Sustain the work**
A long mission needs a durable leader.

Scan to start.

A short, private read of how you respond under pressure — for one leader, a leadership team, or a board.

REGISTER WITH COMPASS · YOUR READ COMES BACK



DISPROPORTIONATE VALUE FROM FINITE RESOURCES

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