



COMPASS PERFORMANCE INC

The Mental Fitness Lab

Mental fitness is leadership capacity.

An eight-week foundation plus a four-week application phase for leaders and teams who want to train the mental fitness that shows up under pressure: calmer rooms, cleaner decisions, and less of the reactivity that quietly costs an enterprise its best thinking.

Architecture determines performance.

EXECUTIVE EDITION

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DOCUMENT REGISTER

EDITION	Executive Edition
DOCUMENT	Membership prospectus
REFERENCE	CPI-PQF
AUDIENCE	Leaders and intact leadership teams

IN THIS PROSPECTUS

- 01 Why mental fitness matters
- 02 The two Positive Intelligence assessments
- 03 The eight-week foundation and four-week application
- 04 A week in the cohort
- 05 Requesting a Mental Fitness Discovery conversation

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WHY MENTAL FITNESS

Judgment under pressure is a trained capability.

Every leader has internal patterns that take over under pressure — the Judge and its accomplices. They arrive faster than thought, and they shape decisions before the decision is consciously made.

FORMAT

Eight-week foundation
+ four-week application

TIME

90 minutes each week

PRACTICE

About 10 minutes daily
in the PQ app

EXHIBIT 1

What Positive Intelligence measures

Recovery speed, not
personality.

Positive Intelligence measures how quickly a leader recovers from internal interference and returns to clear judgment. That recovery is trainable, and it compounds: calmer rooms, cleaner decisions, and less reactivity.

EXHIBIT 2

What members typically notice

Reported within the first eight
weeks.

- The same pressure produces less automatic reactivity
- Difficult conversations are initiated faster, not avoided
- Decisions are inspected before they are defended
- The team notices the leader's recovery, not just the leader



THE TWO ASSESSMENTS

Take them in this order, then bring your results to the conversation.

STEP ONE

Saboteur Assessment

About five minutes. Hosted by Positive Intelligence, LLC.

Identifies the internal patterns that hijack judgment under pressure. The top three saboteurs are the ones to watch first.

STEP TWO

PQ Score

About ten minutes. Hosted by Positive Intelligence, LLC.

Measures how quickly you recover clear judgment once a saboteur has taken control. The score is a percentage — 1 to 100 — of the time your mind is serving you.

EXHIBIT 1

What happens with your results

Compass never stores the raw assessment data.

- Enter your top three saboteurs and your PQ score on the Compass site
- Generate a branded Compass Mental Fitness Report with your own pattern
- Bring the report to the PQ Discovery conversation as the starting point



THE COHORT

Eight weeks of foundation, then four weeks of application.

PHASE 1

One 90-minute virtual session each week.

The eight-week foundation

The cohort begins as an eight-week foundation. Members meet virtually once per week for ninety minutes, work through a one-hour video released each Friday, and complete roughly ten minutes of daily practice in the Positive Intelligence app.

PHASE 2

Apply the practice to live decisions.

The four-week application phase

After the eight-week foundation, the cohort spends four weeks applying the practice to live decisions and team interactions. The system change chartered in the foundation phase is reviewed, refined and carried forward with evidence.

EXHIBIT 1

The app access continues after the Lab closes.

What is included

- Investment: \$1,500 for the full engagement
- Positive Intelligence app access: one year from the start of the cohort
- Weekly cohort session, guided daily practice, and the saboteur library
- Open to leaders and teams who are not Compass Executive Forum members



A WEEK IN THE COHORT

Three touchpoints: session, video, and daily practice.

EXHIBIT 1

Weekly rhythm

The same cadence every week, so practice becomes automatic.

- 01 Weekly session — one 90-minute virtual cohort meeting
- 02 Fridays — a new one-hour video is released for the week
- 03 Daily — about ten minutes of guided practice in the PQ app

EXHIBIT 2

What the app provides

Illustrative view. Ask to see it live in the Mental Fitness Discovery conversation.

- Daily guided PQ reps, timed on screen
- Weekly video and cohort focus for each of the eight weeks
- Saboteur library and your own PQ progress history

THE NEXT STEP

Request a confidential fit conversation.

Investment · \$1,500 for the full engagement

Selection · Open enrollment, with a brief Mental Fitness Discovery conversation

Schedule directly · meetings.hubspot.com/steve-kopecky

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Join the next cohort.

The Mental Fitness Lab is a standalone cohort for leaders and teams who want trained judgment under pressure. The first step is a Mental Fitness Discovery conversation — no presentation, no pressure.

SCHEDULE

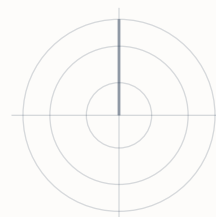
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