



COMPASS PERFORMANCE INC

Executive Mental Fitness

Judgment under pressure, measured and trained

Judgment under pressure, measured and trained: the Mental Fitness Read, the Executive Mental Fitness Report, then an individual or intact-team pod where the practice holds.

Architecture determines performance.

EXECUTIVE OVERVIEW · 2026

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WHAT THIS IS · WHO IT IS FOR · WHAT HAPPENS NEXT

01

What this is

A trainable capability, not a diagnosis.

Pressure changes how even experienced leaders think, decide and respond. The patterns that fire under pressure are not character — they are trainable. Left running, they are paid for in lost opportunities and quiet regrets.

Mental fitness sits at the base of FOUNDATION™ and is reinforced through ARC™. It is a leadership development capability read inside the system a leader works in. It makes no clinical or medical claim and is not therapy, treatment or assessment of any health condition.

02

Recognize · Measure · Train

- RECOGNIZE — pressure moves judgment, and that pattern has already carried a cost.
- MEASURE — the Mental Fitness Read: two licensed instruments, roughly 10–14 minutes.
- TRAIN — the Executive Mental Fitness Report, then the practice that follows it.

03

What the report returns

Compass returns the Executive Mental Fitness Report: how habitual reactions under pressure are affecting judgment, behavior, relationships and execution — what it is costing, and what to train first. Individual responses are confidential.



04

The pod

After the reading, practice holds in a pod — individual, or the intact leadership team. Awareness on its own is never treated as the intervention: a system change ships alongside it, in decision rights, roles, standards or cadence.

05

Instruments and attribution

The Mental Fitness Read uses PQ® / Positive Intelligence® (Shirzad Chamine) under license. Positive Intelligence® and PQ® are trademarks of their respective owners. Their use here credits the method and implies no endorsement of Compass.



WHERE THIS SITS IN THE COMPASS OPERATING FRAMEWORK

One architecture. This is one way into it.

FOUNDATION™ → SIMPLIFY™ → LEAD™ → GROW™, powered by ARC™. The work below is where this offering contributes.

FOUNDATION™

Mental fitness sits at the base of FOUNDATION, never as a competing pillar.

LEAD™

How leaders respond under pressure in live operating cadence.

ARC™

The reinforcement loop that keeps the practice alive.

THE NEXT STEP

Measure it, then have the conversation.

compassperformanceinc.com/mental-fitness/read

Begin a conversation · compassperformanceinc.com/contact

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