



# Thrive Through Change by Cultivating Mental Resilience Workshop Offerings

Rewire your brain for peak performance, stronger leadership, and sustainable well-being using the science-based Positive Intelligence® (PQ) framework.

## Build the Mental Resilience to Perform at Your Best - Even Under Pressure

In today's fast-paced, constantly changing work environment, stress and reactivity spread quickly—impacting focus, collaboration, and performance. The PQ Workshop equips leaders and teams with practical, science-backed tools to strengthen Mental Resilience, reduce burnout, and respond to challenges with clarity and confidence.

### The Ripple Effect of Mental Resilience

When individuals strengthen their mental resilience, the impact extends far beyond personal well-being. The **PQ Workshop** is designed to create a ripple effect—supporting individuals, teams, and the broader organization, especially during periods of constant change.



#### AT THE INDIVIDUAL LEVEL:

Participants gain greater **self-awareness** and the ability to **interpret reactive thought patterns** in real time. This leads to improved **focus, emotional regulation, confidence, and energy**—allowing individuals to perform at a high level without burning out.



#### AT THE TEAM LEVEL:

As more people share a **common language** and **toolkit** for managing stress and pressure, **collaboration** improves. Teams **communicate more effectively, navigate conflict** with greater ease, and **build trust**—reducing the spread of stress and reactivity.



#### AT THE ORGANIZATIONAL LEVEL:

Over time, these individual and team shifts compound. Organizations experience **stronger leadership presence, healthier cultures, and greater adaptability**. In environments marked by constant change, this collective mental resilience becomes a **strategic advantage**—enabling **faster decision-making, sustained performance, and more effective change execution**.

# The PQ Workshop Experience: An engaging, practical session designed for real-world impact

## Outcomes You Can Expect

- Increased focus, energy, and emotional resilience
- Reduced stress and burnout across teams
- Stronger leadership presence and decision-making
- Healthier communication and collaboration
- A shared, scalable framework for thriving through change

## Ideal for:

- Organizations navigating constant change
- Leadership teams and people managers
- High-performing professionals experiencing stress or burnout

## Workshop Formats

### Standard PQ Workshop

- Half-day or full-day interactive workshop
- Live facilitation with individual reflection and group discussion
- Practical tools participants can apply immediately

### PQ Keynote or Lunch and Learn

A concise, high-impact introduction to Mental Resilience.

- 60-90-minute session
- Perfect for individual contributors and teams new to PQ or as a kickoff to deeper learning
- Focused on awareness, practical tools, and immediate takeaways

## Meet Your Facilitator

Rachel Karu, MS, PCC, CPQC – Executive coach, speaker, and facilitator with 20+ years of HR and organizational leadership experience. Rachel’s journey as a recovering perfectionist inspired her to create Stepping into More: A professional/personal development company that empowers high achievers and leaders to build Mental Resilience, overcome burnout, and lead with clarity, energy, and purpose.

Experience includes: Human Resources Manager at EMI Music Distribution and Manager of Organization Development and Training at Easton Sports. Rachel earned her Master’s in Science in Counseling for Business, her Coaching Professional Credential through the International Coaching Federation (ICF), and is a Certified Positive Intelligence and Strengths Coach. Rachel is Past President for ICF, Los Angeles and served on their Board for seven years. Rachel served as Co-Leader for the ICF virtual community: Coaching and Human Capital Community of Practice for three years.

Rachel is the author of *\*Stepping into More: Lessons from a Recovering Perfectionist\**, along with a companion CD of inspirational songs. In both, she shares her personal journey of how perfectionism led her away from her creative self-expression—and how a life-changing car accident ultimately helped her reconnect with her voice.

## What Clients Are Saying

“This workshop gave our team a shared language around stress and reactivity. We’re having better conversations and making more intentional choices every day.”

– *Senior Leader, Technology Company*

“The tools were simple, powerful, and immediately applicable. I noticed a shift in how I responded to pressure within the first week.”

– *Director, Healthcare Organization*

“Rachel created a safe, engaging space that made real change possible. This wasn’t theoretical—it was transformational.”

– *HR Executive, Professional Services Firm*

