



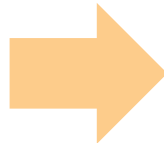
Mental Resilience: Empowering People, Teams & Organizations to Thrive Through Change

Powered by the Positive Intelligence® (PQ) System

The Challenge

In today's fast-paced corporate world, one employee's stress can ripple outward and quickly paralyze teams and the whole organization.

Our Mental Resilience solutions enable individuals to rewire the brain by intercepting burnout, miscommunication, and conflict.



The Solution

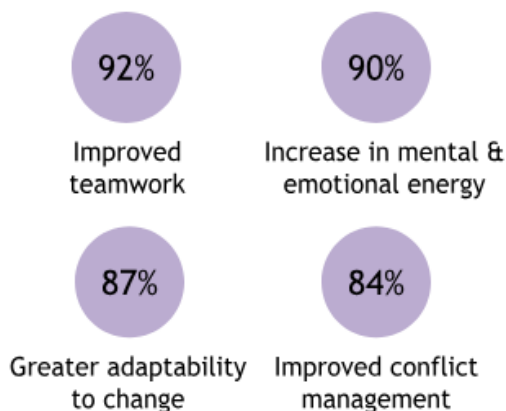
By strengthening the mental muscles behind focus, emotional regulation, and decision-making, we empower individuals and teams to move beyond surviving change to **thriving** - turning every challenge into a strategic advantage.

Positive Intelligence® (PQ) System is a neuroscience-backed framework that enhances performance, well-being, and relationships at all levels in the organization. Through practical tools, interactive programs, and real-world applications, the PQ System strengthens leadership effectiveness, increases morale, employee retention, strengthens collaboration, and builds sustainable resilience – empowering your organization to cultivate and sustain a culture of growth, innovation, and success.

Signature Mental Resilience Solutions Include:

- 8 Week Virtual Group Coaching Program
- Individual Coaching Program
- Keynote
- Workshops
- Lunch and Learn

Proven Participants Results



Trusted by Leading Organizations



What is Mental Resilience:

Mental Resilience is your capacity to respond to life's challenges with a positive, clear, and focused mindset instead of being derailed by stress, negativity, or self-doubt. It shapes every aspect of work and life, from decision making and leadership to team collaboration and well-being.

The PQ Operating System:

Imagine the impact of each person's Saboteurs on team and business performance. This Operating System starts at the individual and cascades to the organizational level. PQ supports your organization to address the root causes of self-sabotage, stress, and underperformance while building Mental Resilience to unlock potential at every level through mastery of:



Meet Your Coach and Facilitator

Rachel Karu, MS, PCC – Executive coach, speaker, and facilitator with 20+ years of Human Resources and organizational leadership experience. Founder of Stepping into More, Rachel empowers high achievers and leaders to build Mental Resilience, overcome burnout, and lead with clarity, energy, and purpose.

Rachel earned her Master's of Science in Counseling for Business, her Professional Coaching Credential (PCC) through the International Coaching Federation (ICF) and is a Certified Positive Intelligence (CPQC) and Strengths Coach.

Rachel is Past President for ICF, Los Angeles and served on their Board of Directors for seven years. Rachel served as Co-Leader for the ICF virtual community: Coaching and Human Capital Community of Practice for three years.

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

[Whitepapers, proof points and case studies](#)

Take the Next Step: Step into More!

Equip your leaders and teams with Mental Resilience to stay focused, adaptable, and effective - thriving through change, no matter what comes next.



Empowering high achievers
to reignite their energy,
clarity, and purpose



Rachel Karu, MS, PCC, CPQC
Professional & Personal Development Coach, Speaker & Author