



# On Track?

Cutting edge scientific studies demonstrate that *specific* habits enable highly successful people to routinely perform at their best, stay on track and achieve significantly better results. Based on extensive analysis and synthesis of the evidence across Peak-Performance, Positive Psychology and Leadership literature, *mPWR<sup>10</sup>* features six habits consistently proven to enhance performance. The *mPWR<sup>10</sup>* 10-minute-a-day structured process allows you to apply these habits, empowering you to reproduce your best results on a daily basis and realize meaningful goals in all areas of your life.

Sales professionals and business leaders from Fortune 500s to startups, including major Pharmaceutical companies are using *mPWR<sup>10</sup>* to transform their results. In follow up interviews and surveys, users consistently convey the following benefits:

- Committed to high performance, regardless of circumstances
- Laser focused on key priorities
- Self-doubt and limiting thoughts turned into rock solid confidence
- Enhance Resilience: bounce back quickly from setbacks
- Accelerate reaching meaningful goals

*"One of my goals was to be in the top 5% for my lead product. Despite the many changes and challenges in my professional world, I reached my goal and am now ranked 2<sup>nd</sup> position in the nation. Overall mPWR<sup>10</sup> assisted me to take better control of my day by planning things that were going to take me closer to my goal and pre-playing events prior to going to my appointments."*

*Karen, Sales Account Manager, Major Pharmaceutical Company*

## 90-Minute Training Session -- Learn and Apply:

- During the highly-interactive and engaging sessions held individually or in groups, participants learn compelling data supporting each of the proven *mPWR<sup>10</sup>* habits
- Stories, relevant examples, group dialogue and videos of *mPWR<sup>10</sup>* users describing their experience help participants actualize the benefits of using *mPWR<sup>10</sup>* habits
- Participants apply the habits by completing the *mPWR<sup>10</sup>* tool using their own examples and leave motivated to complete the tool each day to practice the habits

## To embed habits and stay on track, participants receive:

- *mPWR<sup>10</sup>* Guide with summary of how to apply habits and daily *mPWR<sup>10</sup>* tools
- APP for option to complete *mPWR<sup>10</sup>* tool electronically
- *mPWR<sup>10</sup>* habit reinforcement daily text messages and weekly email messages
- Individual and/or group follow up calls

