



MQ Method

Powered by The Mind Quotient™



DEEPEN YOUR CONNECTION WITH YOUR EMPLOYEES THROUGH THE MQ METHOD

The Mind Quotient started in the middle of the pandemic as a response to the dark times that many were going through. Some of the most intelligent, friendly, connected, and happy people were struggling to remain positive and hopeful. Their IQ was not helping them, their EQ was not helping them - something was missing? At the time, our founder, Coach Nami, was in the process of obtaining her certification for leadership coaching, and in that community, people were thriving - supporting each other, continuing to build good habits and maintaining a positive mindset. Wanting to standardize the language and bring this important element of mental well being to the forefront of conversations, Coach Nami founded The Mind Quotient - a mission-based organization, designed to fill the world with light by providing every single human being the tools and resources to bring themselves out of the dark. When a person knows how to master their mind, their MQ, they will get through tough times faster and smarter because they know themselves and what they need.

As a former communications executive, Coach Nami found the same struggles in the corporate setting. People were struggling to get “back to work,” and having a tough time focusing on work with the unpredictability of the world. In fact, mental health struggles and challenges have become more widespread, especially among Gen Z. In a report from the American Psychological Association, when asked whether their mental health is good or excellent, only 45% of Gen Zers reported yes, lower compared to other generations, including Millennials (56%), Gen Xers (51%) and Boomers (70%). In fact, our junior employees, Gen Z, are 27% more likely than other generations to report their mental health as fair or poor.

The MQ Method is a curriculum designed for all levels of employees - interns/junior associates up to senior VPs. Training and workshops are customized to meet the needs of the company, focusing on the mental well being side of the job. Participants are taught how to identify their MQ level on a daily basis and identify their bespoke program of tools and resources that will help them raise their MQ and achieve high performance. Studies have reported that more and more people are becoming proactive regarding their mental health, and these employees will value a company that cares about their overall well-being, as opposed to only their productivity. Investing in the MQ Method sends a message to your staff that you want to support them in building their careers at your company.



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We, here at The Mind Quotient, want to thank you for the opportunity to present our recommendations for support of your staff. The mission of The Mind Quotient is to fill the world with light by providing every single human being the tools and resources to bring themselves out of the dark. It starts with an investment in ourselves, and we are grateful for companies like yours that seek and offer support for their people.



CUSTOMIZE THE CURRICULUM

| MQ METHOD CURRICULUM | LEVELS | | | |
|--------------------------------------|--|---|------------------|-------------------------------|
| ENGAGEMENT TYPE | Individual Contributors (Interns & Associates) | Junior Managers | Emerging Leaders | Senior Leadership/ Executives |
| TRAININGS & PRESENTATIONS | <p><i>The Key to Success: Not Your IQ, Not Your EQ, Your MQ - Your Mind Quotient (60 mins):</i> Learn how to measure your Mind Quotient and identify the tools and resources to raise your MQ to high and peak levels. Discover why knowing your mental wellness is critical to success at work and beyond and how understanding your MQ can help you meet your goals.</p> | | | |
| | <p><i>Using your Superpowers to Build Connections (45 mins):</i> Your strengths are what make you unique and will allow you to build connections with your teams and customers. Learn how to identify your superpowers and expand on them to make yourself stand out and remain memorable.</p> | | | |
| | <p><i>Get more out of your life: Time versus energy (45 mins):</i> Gain more out of your day and raise productivity by changing the way you look at time. Learn how completing work in energy blocks and taking time for MQ breaks can create breakthroughs at work and beyond.</p> | | | |
| | | <p><i>Leading with Compassion (60 mins):</i> After 2020, employees are looking for purpose in their work and seeking to be a part of something. Learn how adjusting the way we lead - to come from a place of compassion - can create passion, commitment and excitement in the workplace. Build connections with team members and make your workplace one in which they want to stay and grow.</p> | | |
| INTERACTIVE WORKSHOPS | <p><i>How to Achieve Peak MQ (60 mins):</i> This interactive workshop begins with the MQ Self Assessment, followed by a deep dive into tools and resources that will help each individual raise their MQ. This customized workshop is designed to meet team members where they are and map out a plan to achieve Peak MQ - Flow and High Performance. Participants will leave the workshop with their individualized MQ Journey and an understanding of the methodology of how mental wellness layered onto daily performance impacts goals and success.</p> | | | |
| | <p><i>Managing Expectations and Staying True To Yourself (60 mins):</i> This workshop is designed to learn how to manage internal and external pressures from fast-paced environment. With a deeper understanding of how your Mind Quotient - MQ - factors into daily performance, you will learn to thrive in tough situations and remain authentic through it all.</p> | | | |



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| ENGAGEMENT TYPE | Individual Contributors (Interns & Associates) | Junior Managers | Emerging Leaders | Senior Leadership/ Executives |
| INTERACTIVE WORKSHOPS | <p><i>Essentials for High MQ: Self-Management at Work and Beyond (60 mins):</i> This workshop is designed to identify how to use the MQ tools and resources for stress management, emotional regulation, time management and mindset at work and beyond.</p> | | | |
| | | <p><i>Essentials for High MQ: Giving and Receiving Feedback (60 mins):</i> The ability to give and receive feedback in real-time is critical to growth and self-awareness. In this workshop, participants will learn how to deliver feedback as your authentic self, while building trust and respect. An understanding will be developed of being open to receiving feedback is essential for external self-awareness and achieving Peak MQ.</p> | | |
| | | | <p><i>Building and Sustaining a Growth Mindset Culture (75 mins):</i> Participants in this workshop will understand how to foster a culture of innovation and growth while maintaining current business pressures. They will learn how to layer in reflection into daily work in order to create a forward-thinking environment and differentiate from competition.</p> | |
| | | | <p><i>Authentic Leadership Presence (60 mins):</i> Workshop participants will work through characteristics of a strong leader, where they get off track and how to utilize MQ tools and resources to stay on track and build and maintain a strong leadership presence throughout tough situations. Leaders will leave with individualized intentions and actions designed to meet business and personal goals for the quarter.</p> | |
| COACHING (GROUP/ INDIVIDUAL) | | <p><i>Group Management Coaching (up to 10 attendees, 60 mins, 1/month)</i></p> | <p><i>Group Leadership Coaching (up to 10 attendees, 60 mins, 1/month)</i></p> | <p><i>Executive 1:1 Coaching (60 minutes, once every 1-2 weeks)</i></p> |



PRICING

TRAININGS & PRESENTATIONS

- The Key to Success: Not Your IQ, Not Your EQ, Your MQ - Your Mind Quotient (60 mins): \$1950
- Using your Superpowers to Build Connections (45 mins): \$1250
- Get more out of your life: Time versus energy (45 mins): \$1250
- Leading with Compassion (60 mins): \$1950

INTERACTIVE WORKSHOPS

- How to Achieve Peak MQ (60 mins): \$3450
- Managing Expectations and Staying True To Yourself (60 mins): \$2750
- Essentials for High MQ: Self-Management at Work and Beyond (60 mins): \$2750
- Essentials for High MQ: Giving and Receiving Feedback (60 mins): \$2750
- Building and Sustaining a Growth Mindset Culture (75 mins): \$3450
- Authentic Leadership Presence (60 mins): \$2750

COACHING (GROUP & INDIVIDUAL)

- Group Management Coaching (up to 10 attendees, 60 mins): \$3600 (3 months, 1 session a month)
- Group Leadership Coaching (up to 10 attendees, 60 mins): \$3600 (3 months, 1 session a month)
- Executive 1:1 coaching (60 minutes, once every 1-2 weeks): \$4500 (3 months, bimonthly sessions)



ABOUT NAMI JAGTIANI, FOUNDER & CEO OF THE MIND QUOTIENT

After working as a corporate executive for years, Nami felt disconnected from her true purpose in life. In 2020, she embarked on a journey of self-discovery and discovered generational trauma that needed healing and darkness that needed to be filled with light. While on that path, she also discovered her true purpose: to boldly tell her story and give others the courage to live a life of authenticity.

As a Jay Shetty certified coach, Nami now serves as a leadership and executive coach, guiding leaders to discover their unique gifts, reignite their passion and engage with purpose.

As a speaker, Nami boldly shares the life truths she has learned over the years. She talks about her challenges as a South Asian, first generation, woman and how she discovered what pulled her up from rock bottom – the power of her mind. She hopes by sharing her journey, people will be encouraged to connect with their own light sources, identify their unique gifts, tell their own truth and live an authentic life. Nami has spoken on several professional and community panels and podcasts, such as Forgive and Thrive and Chai Break.

It is Nami's vision to establish the third quotient in the world: MQ – the mastery of your mind. As CEO and Founder of The Mind Quotient™, Nami is partnering with other activists around the globe to teach others how to achieve a high MQ. Nami says: "With a high MQ, you can get through the tough times in your life faster and smarter because you know yourself and know what you need. To get out, you must first go in."





CONTACT US

***Interested in learning more about
The Mind Quotient?***

Please email us at admin@coach-nami.com or
visit www.coach-nami.com/the-mind-quotient

We look forward to working with you
and your team!