

TRANSFORM EMPLOYEE ENGAGEMENT WITH

# THE 5LS

THE 5LS PROGRAM WILL IMPROVE

- EMPLOYEE ENGAGEMENT
  - RETENTION
  - PRODUCTIVITY
  - LEADERSHIP ACUMEN
- AND HELP YOU ATTRACT TOP TALENT



## The 5LS – The Gift of a Balance Life

Employee engagement, wellness, and leadership development initiatives are more critical than ever. **It is now more than just a mindset - it's the differentiator between success and failure.** The key to avoiding burnout, keeping employees connected and productive, is making them feel like a valuable asset to your organization by helping them find true work-life balance for resilience.

Our globally proven 5LS training program equips your teams and leadership with the tools to manage stress, anxiety, and burnout.

The 5LS is a science-supported program that gives individuals the tools to navigate through difficult or challenging times in their life to achieve true work-life balance via **live (in-person or virtual) trainings, workshops, keynote presentations, and leadership coaching specifically designed to meet your goals.**

Stress and burnout-induced absenteeism and turnover cost US economy over \$300 billion annually.

*Source: The American Institute of Stress*



Our **5LS - The Gift of a Balanced Life** facilitates the continuous pursuit of achieving balance in the five essential life elements. **None of them can stand alone** and knowing where you are lacking and where you need to focus to **create a true work-life balance** is the essence of the **5LS** brand. Here are the **5LS**

### LOVE

Self-love, oxygen mask methodology – you cannot help others until you help yourself

### LAUGHTER

Stress management – do not take yourself too seriously

### LABOR

Passion and purpose – the health benefits of loving what you do

### LEISURE

'Me Time', disconnect, recharge, clearer minds = better decisions

### LEAVE

Knowing how and when to pivot – manage change and adjust the sails

ALONE, THEY HAVE PURPOSE – TOGETHER, THEY HAVE POWER

## INVEST IN AND PROTECT YOUR MOST IMPORTANT ASSET: YOUR TEAM

This investment in your team will reinforce your commitment to their well-being and success. Empowering your team with this expert-level knowledge will **connect them to you, re-energize them, and make them more productive.**

We will create **fully customized experiences** for all levels of your organization to successfully drive employee engagement, retention, productivity, well-being, and leadership development improving performance and results. Our executive team consults with you and your leadership to achieve your objectives.

## SERVICES

WE PROVIDE A RANGE OF CUSTOMIZED SERVICES, VIRTUALLY OR IN-PERSON:



TRAININGS



WORKSHOPS



KEYNOTE /  
MOTIVATIONAL SPEAKING



LEADERSHIP COACHING

\* THIS SPEND MAY FALL UNDER YOUR HEALTHCARE-PROVIDED WELLNESS DOLLARS.



# ABOUT UNPARALLELED PERFORMANCE

Unparalleled Performance is a personal, professional, and leadership development company that focuses on helping individuals achieve balance in their lives through our unique **5Ls** wellness program.

The **5Ls** is the brainchild of Sal LaGreca. After being admitted to the partnership at KPMG, he attended a Harvard Executive Leadership Program with some of the top global business leaders focusing on the key components for success in business. This experience ignited the thought process for Sal that would lead him to the creation of the **5Ls**.

It gained recognition as the result of a meeting between Sal and Mike Mannix, also a global executive and a well-known leadership expert at New York University (NYU). Once Mike heard the **5Ls** concept, based on his experience in people development and leadership training, he knew immediately the positive impact it could make on people's lives.

## #1 BEST-SELLING BOOK

Our passion project to change lives for the better, "The **5Ls** - The Gift of a Balanced Life" book, was released to rave reviews. Within the first two weeks of the book's release, it reached #1 on the Amazon and Ingram Spark Best Seller list.

Each one of the **5Ls** is a chapter in the book. The book encompasses interviews with successful individuals who have shared their experience in one or more of the **5Ls** and how it has impacted their lives. These interviews were held with Executives, Professional Athletes, High-ranking Military Leaders, other high-profile personalities, and everyday people who have made a positive impact. Utilizing their combined 70+ years of global leadership experience, along with the wisdom shared by the interviewees, Sal and Mike, lay out real-life learning lessons and tools supported by scientific statistics.

## ” The **5Ls** - The Gift of a Balanced Life

program and the best-selling book have been helping organizations globally with their employee engagement, leadership development, wellness, and retention initiatives. I highly recommend this program to any organization

- CEOWORLD MAGAZINE

Featured in CEOWORLD Magazine

### THE IMPACT OF

The **5Ls** - The Gift of a Balance Life

PROGRAM WAS SPOTLIGHTED FOR A SECOND TIME IN CEOWORLD MAGAZINE UNDER TOP STORIES.

### Top Stories

The **5Ls** - The Gift of a Balanced Life  
How to Achieve True Work-Life Balance



# CEOWORLD Magazine

"Knowing yourself is the beginning of all wisdom."  
- Aristotle

# The **5Ls**



## The Gift of a Balanced Life

Your pathway to personal and professional success

Sal LaGreca & Mike Mannix

IT'S THIS SIMPLE:

HAPPY, WORK-LIFE BALANCED EMPLOYEES = ENGAGEMENT, RETENTION, AND PRODUCTIVITY

# “WHAT PEOPLE ARE SAYING

“Thank you for being one of the best decisions I have made as a new CEO”

**Chief Executive Officer – The People’s ARC**

“The 5Ls has made a huge impact on our organization and our initiatives to support true work-life balance and total well-being. The 5Ls – The Gift of a Balanced Life program has received rave reviews and is being rolled out to our entire workforce.”

**Chief Human Resources Officer – WMCHHealth Network**

“The 5Ls- The Gift of a Balanced Life program is fantastic! Our executive team cannot wait to roll this out. We are planning to be a culture of the 5Ls throughout our global network.”

**Chief Executive Officer – Purpose Legal Solutions**

I have been a Marketing and Business professional for over 25 years and have had the opportunity to attend many career improvement courses. I strongly recommend this course to all those who seek greater understanding and development of their abilities, aiming for greater prominence, innovation, and success in a competitive world full of opportunities.”

**Head of Communications & Public Relations at L’Oréal**

“The 5Ls has made an incredible impact on our organization. We truly support work-life balance and total well-being. We are committed to reducing workplace stress and fostering an open dialogue about the mental health challenges we all face. The 5Ls – The Gift of a Balanced Life program has received positive feedback, leaving our staff feeling supported and energetic. We are so grateful to have implemented this wellness training!”

**Human Resources Director – Nassau Suffolk Law Services**

“I believe the 5Ls carries a message that people need to hear. It’s reassuring to know that people like Mike and Sal are out there as beacons, pointing the way forward to those wandering about in today’s gloom.”

**Retired 3 Star General – United States Army**

“The energy of this training was infectious and impactful. The interaction between the speaker and guests was fantastic. All our staff enjoyed how relatable the information was and how easily it can be applied to real life. This training was a real spark lighter, and it has been met with incredible feedback. Our staff loved it.”

**Chief Learning Officer – Catholic Health**

## CONTACT US

ON HOW WE CAN HELP YOUR ORGANIZATION

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