

Transform Employee Engagement with

The 5LS



The 5LS – The Gift of a Balanced Life

In the current business environment where your teams may be a combination of remote and onsite, employee engagement and wellness 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.

Our globally proven **5LS training program** provides your teams and leadership with the proper tools for mental fitness and success, both personally and professionally.

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, seminars, and keynote presentations specifically designed to meet your goals. The right balance of the **5LS** has helped individuals from all walks and stages of life deal with stress, crisis and burnout. From students to successful leaders, the **5LS** has given them the pathway to a better, happier, and more successful life.





Our “**5Ls – The Gift of a Balance Life**” facilitates the continuous pursuit of achieving balance in 5 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**:

L LOVE Self-love, oxygen mask methodology – you cannot help others until you help yourself	L LAUGHTER Stress management – do not take yourself too seriously	L LABOR Passion and purpose – the health benefits of loving what you do	L LEISURE 'Me time', disconnect, recharge, exercise – clearer minds = better decisions	L LEAVE Knowing how and when to pivot – manage change and adjust the sails
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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.**

Additional **5Ls** training helps further develop and engage your team. Optimize your employee engagement efforts with one of our customized sessions or build out a series based on your specific needs.

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

US businesses lose up to \$300 billion annually as a result of workplace stress.

Source: The American Institute of Stress

Services

We provide a range of customized services, virtually or in-person:

-  Training
-  Webinars / Seminars
-  Keynote / Motivational Speaking

***This spend may fall under your healthcare provided wellness dollars.**

About Unparalleled Performance

Unparalleled Performance is a results-driven personal, professional and leadership development company that focuses on helping individuals achieve balance in their life 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 Conclave 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 has recently 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 impact it could make on people's lives.

#1 Best-Selling Book

Our 3-year passion project to change lives for the better, "**The 5Ls – The Gift of a Balanced Life**" book, was recently released to the public. Within the first two weeks of the book's release, it reached #1 on the Amazon and IngramSpark New Release Best Seller list in Work-Life Balance and Wellness.

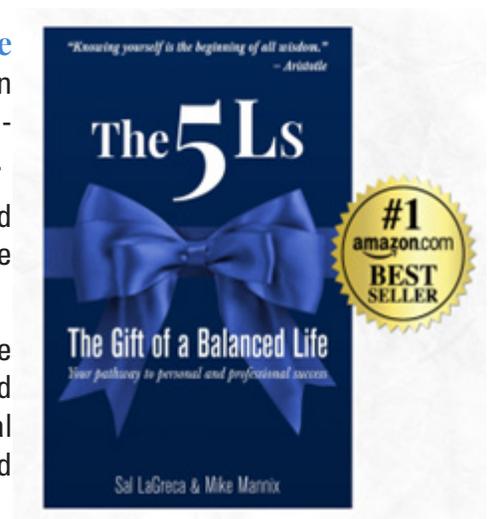
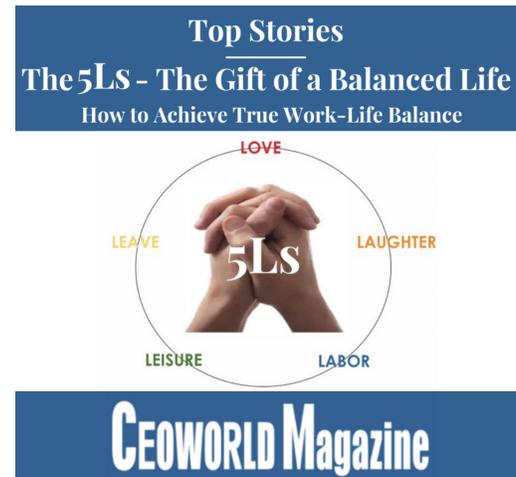
The **5Ls** program has been providing tools for true work-life balance, and mental wellness to thousands of individuals on a global basis. Each one of the **5Ls** is a chapter in the book.

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 Corporate 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 work and life experience, along with the wisdom shared by the interviewees, Sal and Mike lay out real life learning lessons and tools supported by scientific statistics.

Featured in CEOWORLD Magazine

Sal and Mike are helping people around the globe find true work-life balance. The impact of "**The 5Ls – The Gift of a Balanced Life**" program was recently spotlighted for a second time in CEOWORLD Magazine under Top Stories.



It's this simple:

happy, work-life balanced employees = engagement, retention, and productivity

LIVE THE BALANCE

For more information, contact (516) 514-0055 or info@unparalleledperformance.com
UnparalleledPerformance.com