

Transform Employee Engagement with

# The 5LS

THE 5LS PROGRAM WILL IMPROVE

- EMPLOYEE ENGAGEMENT
- RETENTION
- PRODUCTIVITY
- WELL-BEING

AND HELP YOU ATTRACT TOP TALENT



## The 5LS

### The Gift of a Balanced Life

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.

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

Source:  
The American Institute of Stress



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**:

<b>L</b> <b>LOVE</b> Self-love, oxygen mask methodology – you cannot help others until you help yourself	<b>L</b> <b>LAUGHTER</b> Stress management – do not take yourself too seriously	<b>L</b> <b>LABOR</b> Passion and purpose – the health benefits of loving what you do	<b>L</b> <b>LEISURE</b> 'Me time', disconnect, recharge, exercise – clearer minds = better decisions	<b>L</b> <b>LEAVE</b> 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.

### 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 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 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 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 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.

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.

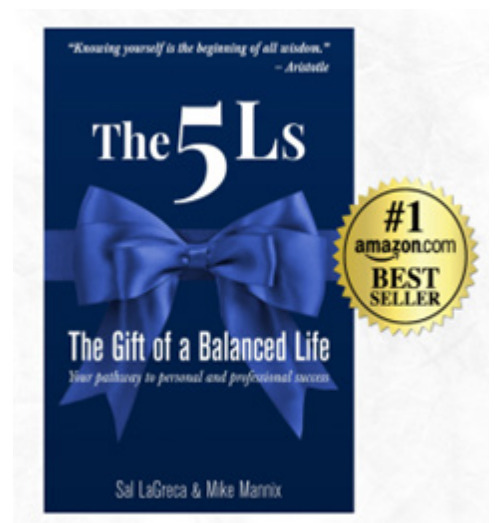
Utilizing their combined 70+ years of work and life experience, along with the wisdom shared by the interviewees, Sal and Mike lay out real life learning lessons and tools supported by scientific statistics.

“The **5Ls** – The Gift of a Balanced Life” wellness program and best-selling book have been helping organizations globally with their employee wellness and retention initiatives.

- CEOWORLD Magazine

## Featured in CEOWORLD Magazine

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

## What People are Saying

“The 5LS – The Gift of a Balanced Life” was the recent morning keynote that kicked off our entire 32nd Annual Conference. The feedback that we have and continue to receive has been overwhelmingly positive. They were the most impactful and successful keynotes in SHRM-LI history.

Executive Director  
Society of Human Resources Management  
Long Island

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 concept of the 5LS was amazing! I felt like it was so attainable and made the thought of being a Leader and having balance in my life less scary. It is more about touching lives in a meaningful way.

Thank you for sharing, everyone at the event loved it!

Director of Student Life  
New York University

I believe the 5LS carries a message that people need to hear. It’s reassuring to know that people like Sal and Mike 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 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  
Cobra Legal Solutions

I have been a Marketing and Business professional for over 10 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  
L’Oréal



**LIVE THE BALANCE**

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