

# mflQ: Mental Fitness for Safer, Higher-Performing Teams

Improving cognitive clarity. Reducing preventable errors.  
Strengthening workforce readiness.

## The Challenge Today

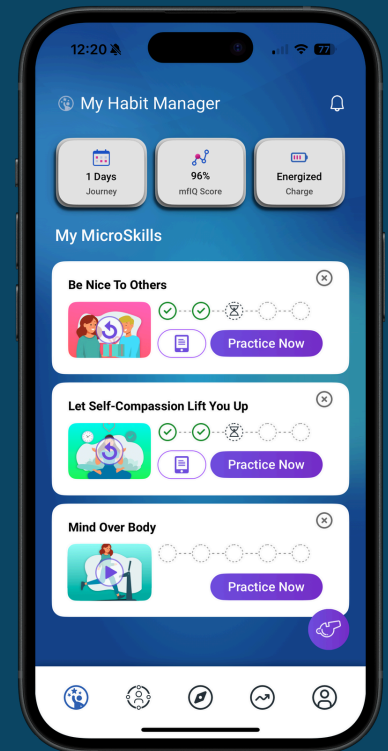
Employees face cognitive overload and constant pressure.  
Preventable errors continue to drive safety incidents.  
Leaders lack visibility into daily workforce readiness.

## What mflQ Delivers

- Daily 2-minute mental fitness check-ins
- Personalized insights for employees
- Organizational readiness dashboards
- Early indicators of fatigue and rising risk
- Supports safety, well-being, and performance

## Core Benefits

- Focus
- Decision-Making
- Awareness
- Error Reduction
- Resilience
- Safer Work



## Who uses mflQ

Construction • Healthcare • Manufacturing • Logistics • Energy • Public Sector • Corporate Teams

See How mflQ Can Support Your Workforce  
For More Information Visit [insightfuloutcomes.com/mflq](https://insightfuloutcomes.com/mflq)

