



positive<sup>™</sup>.educators

Building  
psychological skills  
for the future

## Why Positive Educators?

**The wellbeing of teachers and school staff is in crisis, while the mental health of young people is getting worse. We need to take action - and we need to do it now.**

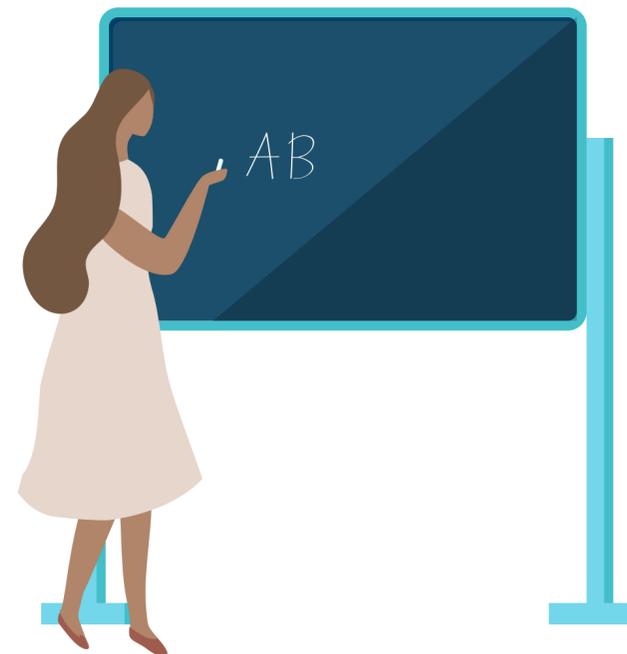
At Positive, we advocate a proactive, whole-school approach to psychological wellbeing.

First, we work with school staff, equipping them with the core psychological skills they need to thrive. Our expert psychologists draw on the latest research from neuroscience, psychology and the

medical sciences to give staff the science and tools proven to work. Psychologically resilient teachers are more creative, more innovative, cope better under pressure and experience improved physical health. They are also better at positively influencing and motivating their students.

Once staff are using these skills to build their own wellbeing, we support them to share the same core skills with their students. We know how important the early and adolescent years are to development; the right support at the right time can make all the difference to a young person's trajectory. Teachers are ideally placed to teach their students how to keep their minds healthy and develop the psychological skills they'll need for the future.

In this way, Positive Educators helps to drive a positive and sustainable shift in culture. It allows schools to establish a shared language and to normalise psychological health, supporting improved wellbeing and resilience across the whole community.



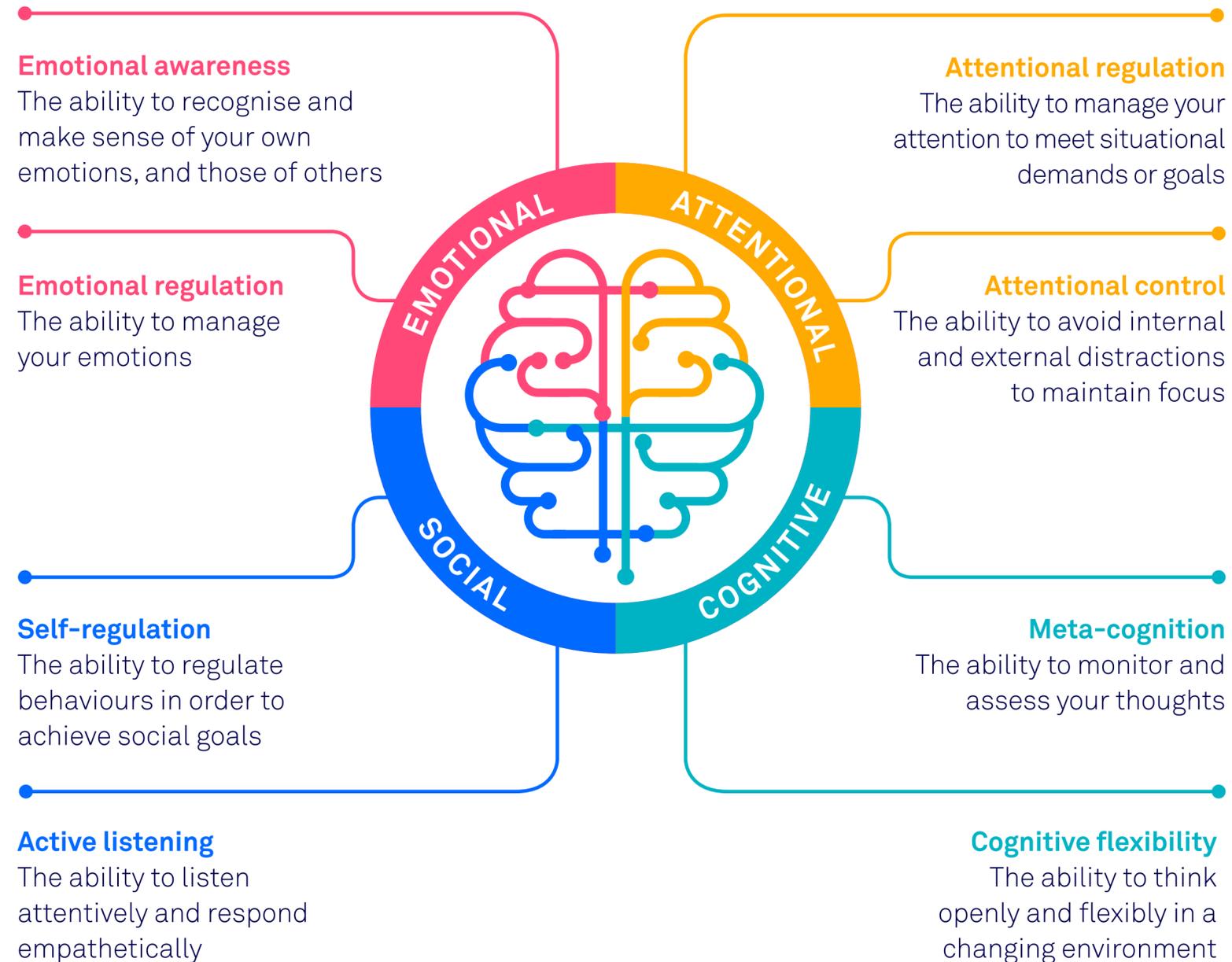
## Key facts

- ✓ Blended programme delivered virtually
- ✓ 12 hours of live virtual classrooms
- ✓ Supported online with 12-month access to Positive NOW (online learning platform)
- ✓ Small groups of <25 participants
- ✓ Positive Educator certification

## The Positive Educators Skillset

Positive Educators builds the core psychological skills that everyone needs for optimal wellbeing. We divide these into four key areas of focus: emotional, attentional, cognitive and social.

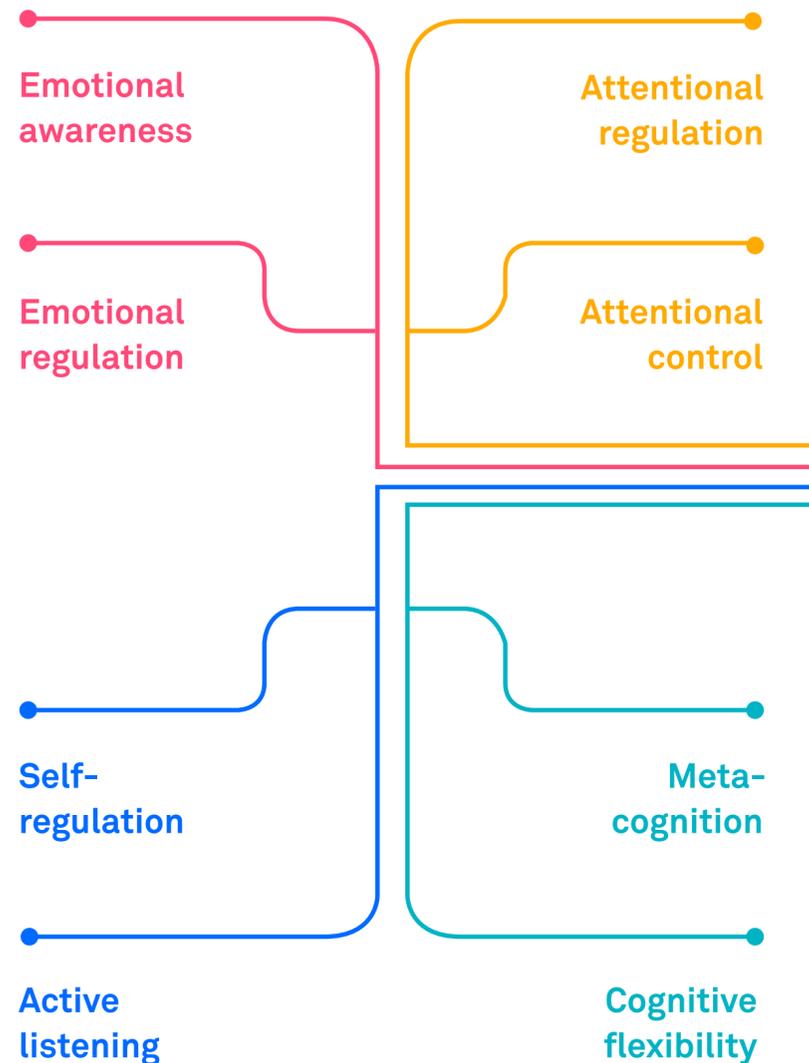
## Core Psychological Skills



Together, these psychological skills are proven to have a significant impact on wellbeing and resilience.

Positive Educators teaches school staff how they can develop these skills for themselves, as well as how they can support their colleagues and students to do the same.

## Core Psychological Skills



## What are the Benefits of Positive Educators?

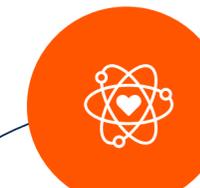


## The Positive Way

Positive takes a proactive and scientific approach to psychological health. All of our programmes are informed by psychology and neuroscience and incorporate our Discover, Design, Do, Share methodology for sustainable positive change.

### 1. Discover

Explore the science and reflect on its relevance for you/your students.



### 2. Design

Discuss what it means to you/your students and design a time-bound plan of action.



### 4. Share

Share your knowledge and skills with colleagues and students.



### 3. Do

Implement your plan, using the tools to build new skills and habits. Reflect, then modify to work best for you/your students.



# Programme Overview

# The Positive Educators programme covers the following content:

## Pillar 1 Awareness

### Wellbeing, Stress and Performance

Psychological wellbeing as the key performance indicator

The link between stress and performance

Understanding your stress signature and building a healthy stress mindset

### The Science of Emotion

Human emotions and why they matter

Managing emotions, protective factors and psychological health

Building emotional awareness and regulation

**Tool**  Emotional Barometer

## Pillar 2 Focus

### The Focused Mind

The link between focus and wellbeing

The neural networks involved in paying attention

Using attentional skills training to improve your focus

### The Distracted Mind

The evolutionary benefit of distractibility

The cognitive cost of switching focus

Regulating attention to maximise wellbeing and performance

**Tool**  Positive Switch

## Pillar 3 Mindset

### Mindset Matters

Optimism, pessimism and learned helplessness

The challenge and importance of tolerating uncertainty

Techniques to help you shift your mindset

### A Glass Half Full

Optimism, pessimism and differences in human traits

The benefits of strategic optimism

Building an optimistic mindset

**Tool**  Positive Pinboard

## Pillar 4 Connection

### The Social Animal

Evolutionary psychology and social Wi-Fi

How the social brain drives psychological threat and safety

The power of social influence and group behaviour

### Better Connected

The importance of social connection for sustained wellbeing

Emotional contagion and human performance

Social skills that support positive interactions

**Tool**  Positive Listening

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## The Positive Educators Journey

The Positive Educators programme is made up of four pillars, with science and tools you can use from day one.



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## How it works

Each of the four pillars addresses a different combination of psychological skills. They are delivered via a blend of live and peer-to-peer learning, and supported online.

For each pillar, you will:

- ✔ Prepare using guided content and materials.
- ✔ Attend 2 x 90 minute virtual classrooms, with teaching from Positive experts and interactive breakout sessions.
- ✔ Apply the tools for yourself, and reflect on your experiences with your virtual practice groups. You'll also start to share these skills with your students and colleagues.
- ✔ Develop your skills with Positive NOW, an online learning solution that provides a variety of interactive content, as well as the digital Positive toolkit.

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## The Programme Team



### Dr Brian Marien

MB BS DCH DRCOG MSc (Psychol) MRCPGP

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Co-founder of Positive

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Medical Doctor, Masters in Health Psychology

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Trained in CBT and behavioural psychology at the Institute of Psychiatry

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Specialist in Dept of Psychological Medicine at St Barts Hospital

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### Dr Alice Gee

BA (Hons), DipPsych, DClinPsy

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Clinical Psychologist

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Provided psychology services within the NHS for 10+ years

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Extensive experience in application of psychology to the workplace and high performance sports

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### Dr Jen Jenkins

PhD, BSc (Hons)

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Academic background in Physiology, Psychology and Psychiatry

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10+ years in industry

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Works with CEOs and leadership teams to develop high performing and resilient teams

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### Dr Sinéad Devine-French

PhD, BA (Hons)

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Chartered Psychologist

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Extensive experience across corporate and education sectors

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Passionate about empowering individuals and teams to achieve success, improve wellbeing, thrive and adapt

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### Dr Sophia Seltzer-Eade

BSc (Hons), DClinPsy

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Clinical Psychologist

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Extensive experience in education and the NHS

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Works with staff, students and their families in primary and secondary schools, delivering training and therapeutic interventions

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## What Schools Say

‘To us, the value of Positive’s approach lies in its emphasis on improving our knowledge and understanding of how the mind interacts with the emotions, and how this knowledge can be used proactively to help both our pupils and staff stay well, adapt to change and embrace challenge in their work and beyond.

We are delighted with the outcomes we have seen from the programme so far in our schools.’

**Cheryl Giovannoni**  
CEO at the Girls’ Day School Trust

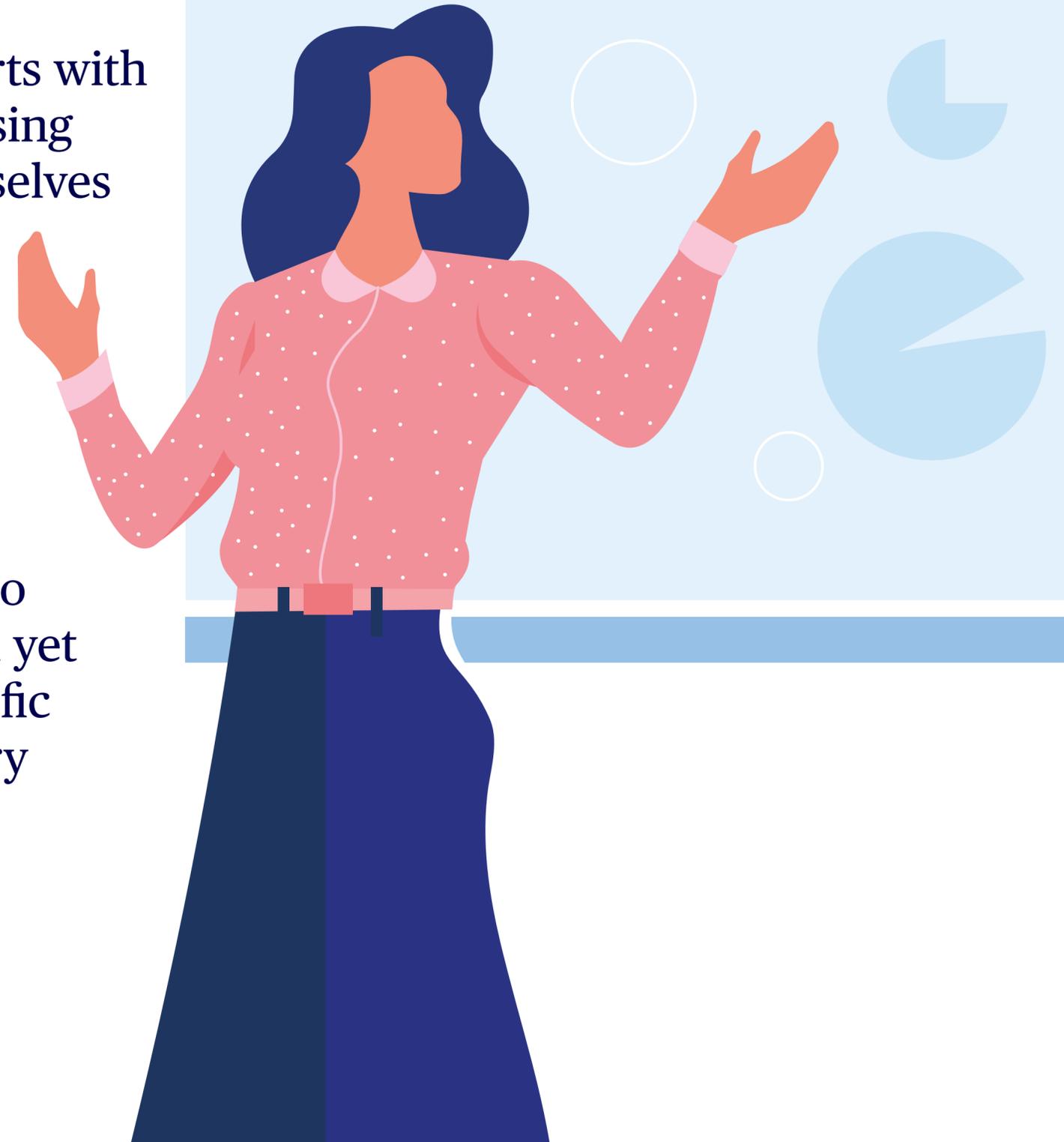
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‘The fact that it starts with the teachers practising the elements themselves is crucial – put yourself first.’

**Sammy Davies**  
Portsmouth High School

‘The concepts are so common sense and yet grounded in scientific research. It was very practical and very realistic.’

**Sarah Tyler**  
Putney High School



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## Continuous Professional Development in Education

The Positive Educators programme meets – and exceeds – the government’s ‘Standard for teachers’ professional development’.



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### **The content is underpinned by robust evidence and expertise**

Designed and delivered by experts in psychology and neuroscience, the content is evidence-based, up-to-date and has been shown to make a real and tangible difference to educational staff.

### **The programme involves collaboration and expert challenge**

Participants work together to implement systemic change and create impact across their school communities.

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### **Progress can be sustained over time**

The programme is intentionally spaced to enable core psychological skills to be embedded and become habits.

### **The programme helps to improve pupil outcomes**

Increased teacher wellbeing is proven to positively impact pupils’ own wellbeing and performance.



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