



positive.<sup>TM</sup>now

Building  
Healthy Minds

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## What is Positive NOW?

**Positive NOW is an online learning solution that enables you to improve and protect your psychological health.**

Designed by our team of experienced psychologists, Positive NOW is accessible, engaging and most importantly, practical. Through interactive multimedia content, you'll learn the latest science and evidence-based techniques proven to boost and sustain your mental wellbeing and performance.

**positive.NOW**

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You'll build core psychological skills across four key areas:

**Awareness:** understand how your thoughts, feelings and behaviours relate to one another

**Focus:** improve your concentration and attentional control

**Mindset:** learn to harness your thoughts and the power of perspective

**Connection:** strengthen your communication and relationships with others

What's more, you'll be empowered to make positive progress that lasts. Personal diagnostics, self-reflection exercises and insights from behavioural change science combine to ensure you set effective goals and develop positive habits that can support you for years to come.



## Why Positive NOW?

**In many cases, individuals are only offered support in building psychological skills when their mental health is already at risk.**

However, this can be the most difficult time to take positive action. We need a different approach – to equip individuals to look after their psychological health before the going gets tough. Positive NOW allows you to do just this: to develop core skills that can help you now, and help to protect your wellbeing in the future.

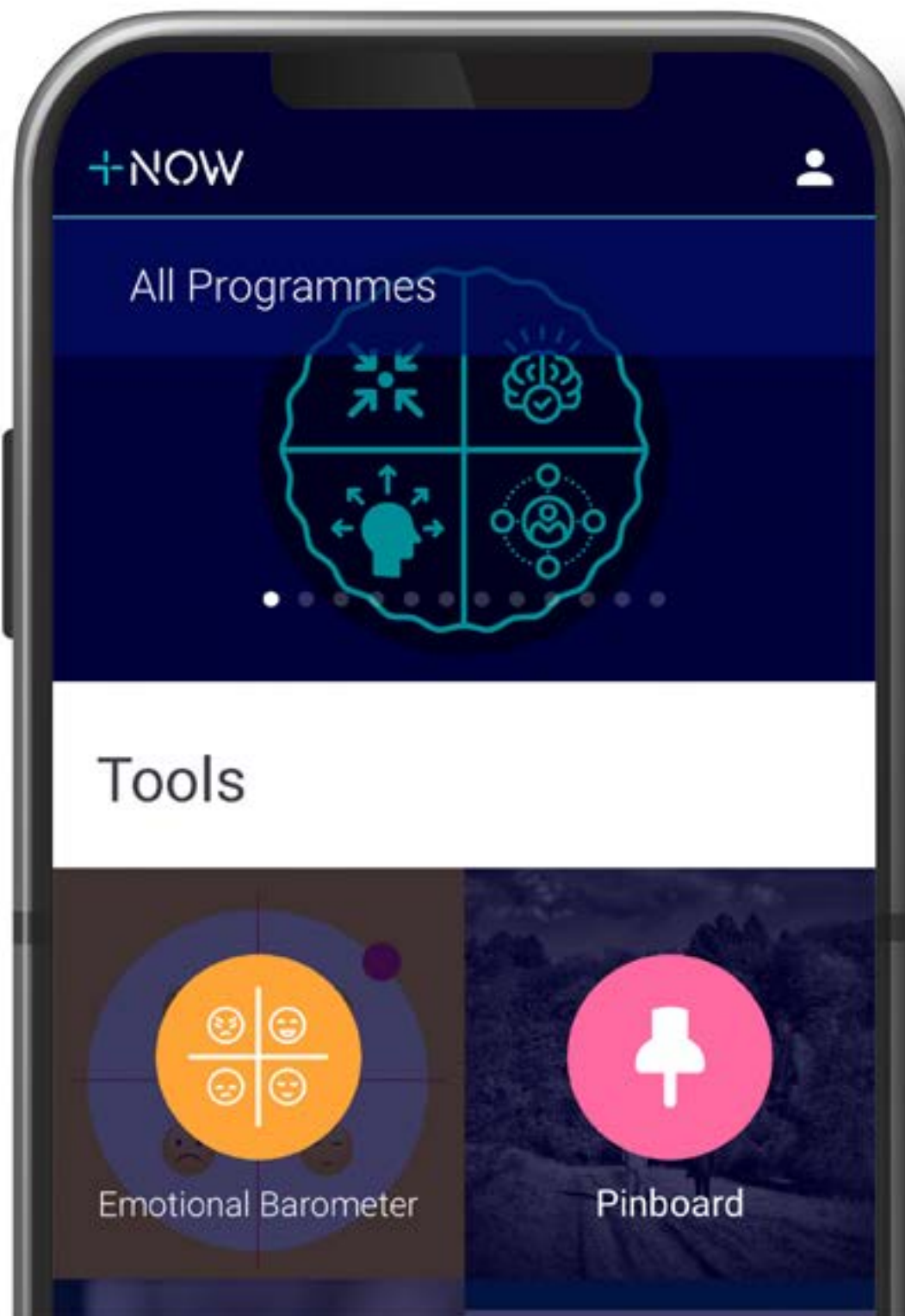
With these skills, you can enhance your wellbeing and performance, enjoy better physical health and cultivate strong, fulfilling relationships. You can be confident in both your personal and professional lives, knowing you're ready to face any uncertainty and challenges that come.

## Key features

- ✓ Rigorous, cutting-edge science
- ✓ Practical tools and techniques
- ✓ Drives sustainable change
- ✓ Simple, easy-to-use interface
- ✓ Varied multimedia content
- ✓ Regular reflection exercises and personal diagnostics
- ✓ Ongoing updates and content releases
- ✓ Supported by the Positive NOW Toolkit App
- ✓ Ability to integrate with other LMS and LXP platforms

# The four pillars of psychological health

Positive NOW builds knowledge and skills across four pillars: Awareness, Focus, Mindset and Connection.



## Awareness

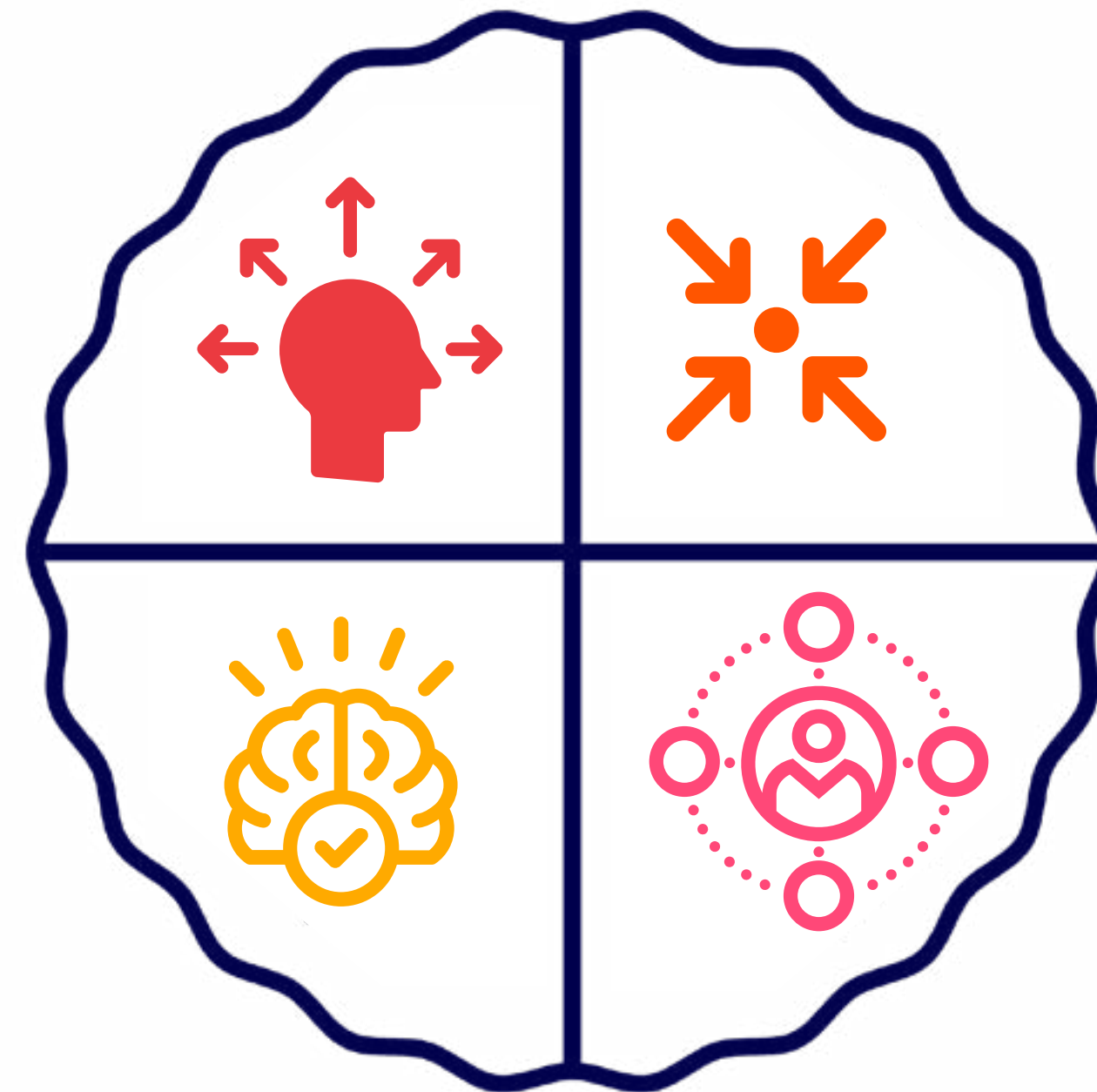
**Build awareness with an emotional skillset**

Learn to recognise, understand and manage your emotions

## Mindset

**Shift mindset with a cognitive skillset**

Learn to manage your thoughts, and think flexibly in a changing environment



## Focus

**Improve focus with an attentional skillset**

Learn to manage your attention, avoid distraction and retain focus.

## Connection

**Strengthen Connection with a social skillset**

Learn to regulate your behaviour, listen attentively, and respond empathetically.

# What's covered?

## Pillar 1 Awareness

### Wellbeing, Stress and Performance

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Psychological wellbeing as the key performance indicator

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The link between stress and performance

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Understanding your stress signature and building a healthy stress mindset

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### The Science of Emotion

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Human emotions and why they matter

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Managing emotions, protective factors and psychological health

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Building emotional awareness and regulation

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**Tool**  Emotional Barometer

## Pillar 2 Focus

### The Focused Mind

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The link between focus and wellbeing

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The neural networks involved in paying attention

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Using attentional skills training to improve your focus

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### The Distracted Mind

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The evolutionary benefit of distractibility

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The cognitive cost of switching focus

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Regulating attention to maximise wellbeing and performance

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**Tool**  Positive Switch

## Pillar 3 Mindset

### Mindset Matters

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Optimism, pessimism and learned helplessness

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The challenge and importance of tolerating uncertainty

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Techniques to help you shift your mindset

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### A Glass Half Full

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Optimism, pessimism and differences in human traits

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The benefits of strategic optimism

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Building an optimistic mindset

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**Tool**  Positive Pinboard

## Pillar 4 Connection

### The Social Animal

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Evolutionary psychology and social Wi-Fi

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How the social brain drives psychological threat and safety

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The power of social influence and group behaviour

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### Better Connected

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The importance of social connection for sustained wellbeing

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Emotional contagion and human performance

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Social skills that support positive interactions

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**Tool**  Active Listening

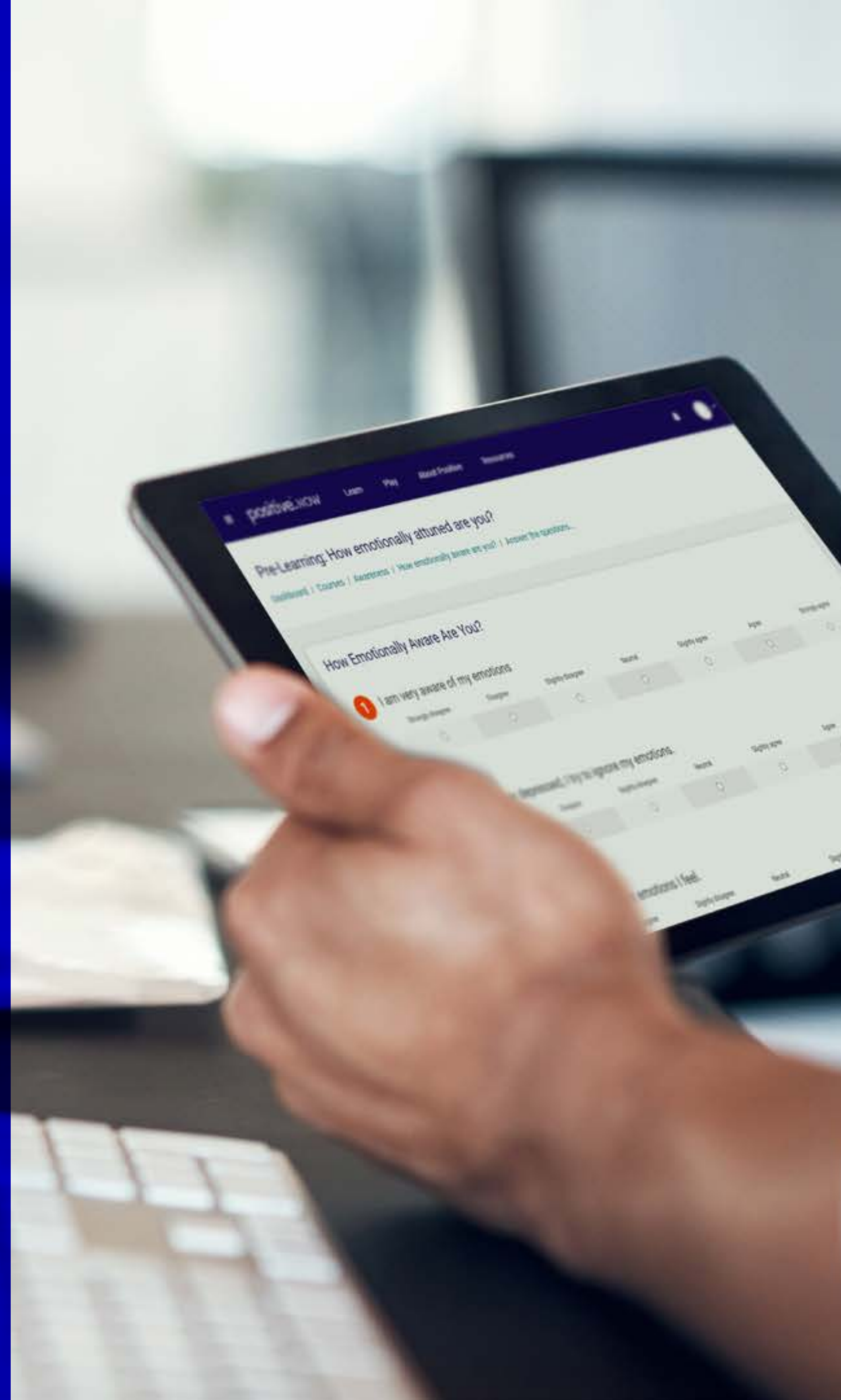
## What's measured?

‘What gets measured,  
gets managed’  
- Peter Drucker

As well as improving understanding, Positive NOW gives you a way of monitoring different aspects of your psychological health over time.

It allows you to measure your skills across the four pillars of psychological health and to see how they improve with practice.

For leaders, aggregated and anonymised data reports for your organisation will help you to make more informed and effective decisions about the psychological health of your people.



## Pricing

We offer two pricing plans to suits teams and organisations of all sizes.

	<b>Team</b> 5 – 50 people	<b>Enterprise</b> Larger teams and organisations
	£6 per user per month	Custom pricing
Unlimited access to Positive NOW content and tools	✓	✓
Mobile App (android and IOS)	✓	✓
Personal skills measurement	✓	✓
Badging and accreditation	✓	✓
Track learner progress		✓
Dedicated account manager		✓
API integration with LMS or LXP platform*		✓

\*at additional cost



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