



The School of Positive Transformation is offering organisations greater wellbeing. Topics such as mindfulness, resilience and strengths are harnessed to create a positive change that is sustainable. We use the most effective exercises and programmes to allow individuals and organisations to realise their full potential. The tools we use have been tested and shown to reliably increase job satisfaction and productivity, while reducing stress and anxiety. Our work is unique as we implement contemporary scientific research to build creative, original and impactful wellbeing programmes. Everything we provide is research-based. The School of Positive Transformation is offering your organisation practical tools and programmes that are simple, effective and inspiring.

Dr Itai Ivtzan is the founder of the School of Positive Transformation and its senior trainer. He is a mindfulness teacher and researcher, and senior lecturer at the University of East London (UEL). Over the past 15 years, Dr Ivtzan has run mindfulness training courses, seminars, lectures, workshops and retreats throughout the UK and around the world, for various organisations, educational institutions and private events. He is an expert in workplace wellbeing and mindfulness programmes. Dr Ivtzan is an author of five books and a regular keynote speaker at conferences focusing on the topics of mindfulness, resilience and wellbeing.

Our Teachers: We have an incredible team of teachers at the school of positive transformation. They all hold a degree in Applied Positive Psychology, or Wellbeing, which enables them to run wellbeing programmes for individuals and organisations. Additionally, they have all completed formal and certified mindfulness teacher training. All our teachers are highly experienced, knowledgeable, and passionate about positive organisational transformation.

Benefits: A workplace where mindfulness skills are used experiences higher overall levels of employee well-being and resilience. Based on research and our experience in the field, here is a list of benefits an organisation might reasonably expect from a mindfulness training:

- A reduction in employees' levels of stress.
- Decreased levels of absenteeism and presenteeism.
- Enhanced ability to think clearly and focus on task.
- Increased physical and mental wellbeing.
- Increased productivity and engagement in task.
- Reduced staff turnover.
- Improved employee relationships and team cohesion.



TASTER SESSIONS, WORKSHOPS, AND TRAININGS

Taster Sessions

(60 minutes)

Our Mindfulness Taster Sessions are an excellent way to introduce both the theory and the practice of mindfulness to your organisation.

Taster sessions can be a part of a team-building day, or as stand-alone training, and can help you discover whether mindfulness is something your organisation wants to explore further.

Taster sessions combine theoretical teaching on mindfulness, including an examination of the scientific evidence supporting its benefits in the workplace, short mindfulness practices to experience how mindfulness actually feels, and a few take-home tips for applying mindfulness to your daily life.

Workshops

(2-6 Hours)

Mindfulness Workshops range from a two-hour session to a full day, and provide the perfect balance between theory and practice. They are the ideal opportunity to give participants a first-hand experience of mindfulness in action. Our workshops typically include an exploration of the theoretical underpinnings of mindfulness, the role of mindfulness in the workplace, an examination of stress, and how mindfulness can be used to address stress-related issues. Workshops include a variety of guided mindfulness exercises which offer participants an insight into how mindfulness can improve their physical and mental wellbeing. These exercises are taught in a way that allows employees to easily apply them, following the workshop, at work and in their daily life.

Training

(4 Weeks X 2.5 Hours per week)

4-Week Mindfulness Courses are our flagship training programme and offer a thorough grounding in the theory and practice of mindfulness. Our courses allow participants to fully integrate mindfulness into their daily working life. Each session combines guided mindfulness practice, discussions around the practical application of mindfulness both at work and at home, and a theoretical exploration of the essential principles of mindfulness. The training is highly practical, providing participants with a variety of mindfulness exercises. Participants learn how to train their attention so they can become more aware of unhelpful habits contributing to stress, and learn how to work with challenging situations in a more creative, resourceful and skilful way.

Online Training

Mindfulness trainings could be provided online as well. Such an option allows greater flexibility for employees' engagement with the training. We offer a high-quality and visually appealing online platform, which includes videos, exercises, reading materials, and downloadable audio mindfulness meditations. This would be an excellent choice for organisations who wish to offer mindfulness training for a large number of employees. Contact us for full details and costing.

Please note: Times and content are flexible; please contact us to create a bespoke session/workshop/training that would fully reflect your organisational needs.