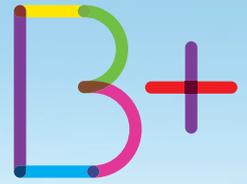


Positive transformation actor

# DEVELOP ONE'S STRENGTHS AS A "TRANSFORM'ACTOR"



BE POSITIVE





« Because transformation of companies goes through individual transformation, each person has his or her part to play, and capacity to contribute to the transformation of a company... »



## « CONTRIBUTE TO GENERATING JOY, CONFIDENCE, ENGAGEMENT, COLLABORATION, CREATIVITY »

The professional world is getting faster, more and more complicated, connected, and demanding. Working in a multi-tasking mode, and mental “zapping” are more and more frequent. We regularly over solicit our cognitive capacities with the risk of depleting our mental and physical resources.

### Mindfulness :

+ « Paying attention in a particular way, on purpose, in the present moment and nonjudgmentally. »

(Dr Jon Kabat-Zin, founder of the MBSR

Mindfulness Based Stress Reduction Program).

+ “Mindfulness” is a training of the spirit

that focuses on the vigilant or intentional attention by opposition

to the “auto pilot” mode, it allows the development of

a better quality of presence to oneself and to others.

These findings are not fate,  
our power to change is real!

As illustrated by the phenomenon of cerebral plasticity:  
we have a super power to change ourselves  
(and to change as a group!).

Be Positive develops programs that incorporate  
the findings of positive psychology,  
the science of optimal human functioning,  
and gives concrete tools for individual  
and group transformations  
by utilising mindfulness techniques.

# OUR APPROACH: INNOVATIVE AND CONCRETE, CENTERED ON RECENT SCIENTIFIC FINDINGS: POSITIVE PSYCHOLOGY, NEUROSCIENCE AND MINDFULNESS.

## OUR MISSION:

Develop and facilitate workshops that initiate positive transformation and guide the « transform'actors » on essential topics.

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## TARGETED PROGRAMS:

**POSITIVE LEADERSHIP**

**POSITIVE TEAM**

**POSITIVE ATTITUDE**

## THE PLUSES:

- + Know how to take a break in the heat of the action
- + Deeply resource oneself
- + Take care of one's energy
- + Generate and diffuse positive emotions (joy, caring, recognition, gratitude...)
- + Favour an atmosphere of collaboration and caring at work
- + Maintain a good level of attention in a world of mental over solicitation
- + Better connect to oneself, better connect to others



# POSITIVE LEADERSHIP

## PROGRAM

### A program for Leaders, why?

Because some Leaders want to connect to their deep values in order to develop their capacity to guide, inspire and radiate the best of themselves.

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#### OBJECTIVE:

To connect to one's values and deep resources to meet the challenges of the job, and to diffuse a leadership combining judgement, humanity and performance.

#### DURATION: 6 months

For optimal efficiency, the program proposes between each session a personal training and a peer training. Each participant also has 3 individual coaching sessions to help them anchor the learnings in a personalised way.

**PARTICIPANTS:** Leaders, Directors, Managers, High Potentials

#### FORMAT:

##### + A one-day kick off session

- > The strength of mindfulness.
- > The super powers of positive emotions.

##### + 4 half-day follow-up workshops once a month

- > Take care of one's energy.
- > Transform difficult situations.
- > Make the right decisions.
- > Generate and diffuse positive emotions.

##### + A one-day result-sharing session

- > Recognise and develop one's strengths.
- > Develop a better version of one's self.

##### + 3 custom-made individual coaching sessions

# + POSITIVE TEAM PROGRAM

## A program for a Manager and his or her team, why?

Because some managers would like to introduce in their team the emergence of new ways of thinking and of working, founded on more humanity.

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### OBJECTIF:

Co-build as a team a positive and collaborative performance.

### DURATION: 12 weeks (3 months)

For optimal efficiency the program proposes a personal training and a team training between each session.

**PARTICIPANTS:** A manager and his or her team.

### FORMAT:

#### + A one-day kick-off session

- > The strength of mindfulness.
- > The super powers of positive emotions.

#### + 4 follow-up workshops of two and a half hours every 15 days

- > Brain, team and new technologies.
- > Transform difficult situations.
- > Make the right decisions.
- > Share positive emotions.

#### + A one-day result-sharing session

- > Recognise individual and team strengths.
- > Reinvent together optimal ways of working.

# POSITIVE ATTITUDE PROGRAM

**Develop one's strengths  
as a « transform'actor »:  
actor of positive transformation.**

**A program for everyone, why?**

Because some employees want to prioritise health  
and positivity in their professional and personal lives  
and then contribute to better ways of working together.

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**OBJECTIVE:**

Discover the tools of positive psychology and  
of mindfulness and practice their integration into daily life  
to initiate a durable transformation.

**DURATION: 6 weeks**

For optimal program efficiency a personal  
training is recommended between each session.

**PARTICIPANTS:** All interested employees and managers up to 12 people.

**FORMAT:**

**+ A half-day discovery session**

> Positivity and mindfulness: what are the benefits?

**+ 6 one hour and a half workshops each week**

> Move with consciousness.

> Eat with consciousness.

> Take care of one's energy.

> The Gratitude-Attitude.

> Prefer Caring.

**+ A half-day summary and deep dive workshop**



# CREATED AND FACILITATED BY BRIGITTE VAUDOLON

## POSITIVE COACH :

- + Psychologist and Accredited EMCC Coach
  - + 15 years of experience in the field of well-being at work
  - + A scientific education to mindfulness-based interventions «Medicine, Meditation and Neurosciences” degree at the School of Medicine in Strasbourg
  - + A passion for positive psychology and a personal practice of mindfulness
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