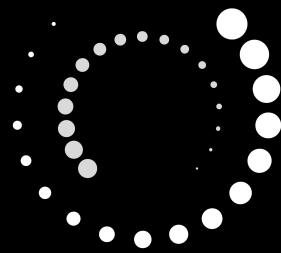


EDUCATE

ENABLE

EMPOWER



Confluent Energy

Ignite Your Passion

WELLBEING | PERFORMANCE
SOLUTIONS FOR
STUDENTS IN HIGHER EDUCATION



Confluent Energy
Ignite Your Passion

EDUCATE

ENABLE

EMPOWER

A unique and game changing solution that empowers students to be the best they can be



WHAT IS CBTEACH®?

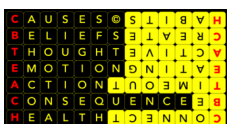
An approach borne from lived experience and rooted in psychology, that uses simple yet powerful concepts from cognitive behaviour to create a common language and approach to improve wellbeing and increase performance.

A practical approach that works by focussing on awareness of self and others, while at the same time helping to improve personalised care. The result is a proactive promotion of good mental, emotional and physical health that positively impacts both wellbeing and performance.



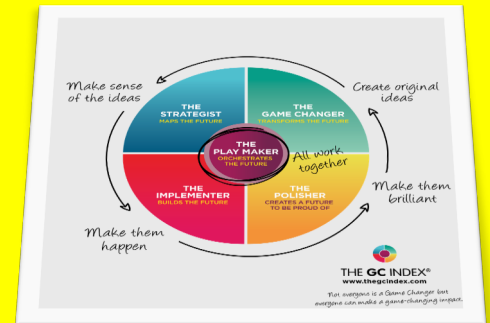
Additional Areas of Focus

- Capability and Competence
- Judgment and Decision Making
- Mindset and Resilience
- Energy and Motivation



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Our *Sense* and *Spark* solutions powered by The GC Index® enable students to understand how they best like to make an impact



Everyone can make a positive impact

The GC Index® Organimetric provides a common language and framework that identifies five outcomes that we are all naturally inclined to seek (known as proclivities) through which people can make an impact. It helps students to understand how this preference impacts both their wellbeing and performance, whilst demonstrating how everyone's contribution and impact is of value.

“This results in significantly increased self awareness and powerful insights for the individuals wellbeing, educational performance, student experience and career direction.

PROCLIVITY NOT PERSONALITY

Personality profiling tools – traditional psychometrics

EQ and EI tools

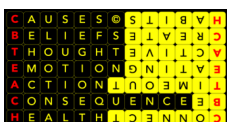
Behavioural profiling tools

Causes ➡ Beliefs ➡ Thoughts ➡ Emotions ➡ Actions ➡ Consequences or Outcomes ➡ Health and other Impacts

Proclivity profiling tools



“Understanding how people are energised toward outcome is a far more accurate measure of their potential impact”



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Our Solutions

Wellbeing Training

CBTEACH® Level 1 – Introductory Level

CBTEACH® Level 2 – Intermediate Level

CBTEACH® Level 3 – Advanced Level

Personalised Wellbeing & Performance

Spirit – for Individuals

Sense – for Individuals (powered by The GC Index®)

Collaborative Performance

Sense – for smaller groups (powered by The GC Index®)

Spark – for larger groups (powered by The GC Index®)

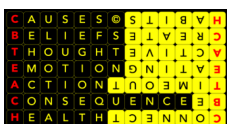
“Lets change the game!”

To understand how we can help unleash the potential and impact of the students at your higher education institution, please get in touch.

T: +44 (0) 7920 700 495

E: contact@confluent.energy

W: www.cbteach.health



Disclaimer Statement

The CBTEACH® approach is designed to help people improve cognitive awareness and selfcare in order to promote positive wellbeing and performance. It is not a clinical treatment or intervention and should not replace or be seen to replace such treatments.



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