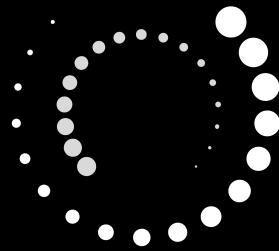


EDUCATE

ENABLE

EMPOWER



# Confluent Energy

Ignite Your Passion

**WELLBEING | PERFORMANCE**  
**SOLUTIONS TO INCREASE**  
**ORGANISATIONAL IMPACT**



**Confluent Energy**  
Ignite Your Passion

**EDUCATE**

**ENABLE**

**EMPOWER**

A unique and game changing solution that empowers people to live their best life.



## WHAT IS CBTEACH®?

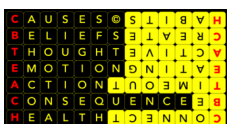
An approach borne from lived experience and rooted in psychology, that uses simple yet powerful concepts from cognitive behaviour to create a common language and approach to improve wellbeing and increase performance.

A dual approach that works by increasing awareness of self and others, while at the same time bringing an improved focus to 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



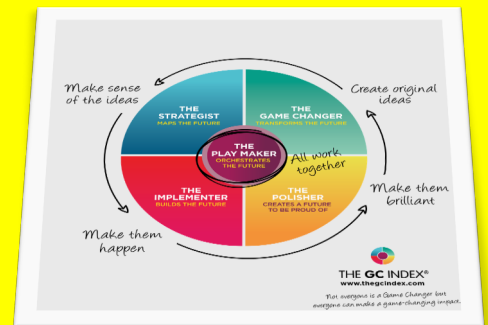
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Our *Sense* and *Spark* solutions  
powered by The GC Index® enable  
organisations to align the impact of  
their people to business performance



## 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 delivers a foundation of impactful collaboration throughout an entire organisation across all levels. The GC Index® shows how everyone's contribution and impact is valued.

***“This results in game-changing teams, cultures & powerful productivity, performance & wellbeing enhancements”***

### PROCLIVITY NOT PERSONALITY

Personality profiling tools –  
traditional psychometrics

EQ and EI tools

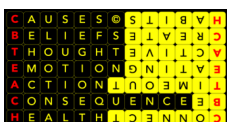
Behavioural  
profiling tools

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 Webinar or Seminar

CBTEACH® Level 2 – Intermediate Level Workshop

CBTEACH® Level 3 – Advanced Level Workshop

### Personalised Wellbeing & Performance

*Spirit* – for Individuals

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

### Organisational Performance

*Sense* – for Teams (powered by The GC Index®)

*Spark* – for Organisations (powered by The GC Index®)

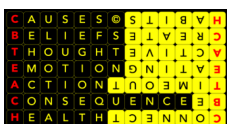
***“Lets change the game!”***

*To understand how we can help unleash the potential and impact of the people in your organisation, please get in touch with us.*

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W: [www.cbteach.health](http://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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