

Pi⁺

THE POSITIVITY INSTITUTE

Creating a
flourishing world

SERVICES KIT

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I am Dr. Suzy Green

D.Psyc.(Clin.) MAPS
Founder, The Positivity Institute

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder of The Positivity Institute, a positively deviant organisation dedicated to the research and application of Positive Psychology for life, school and work.

Suzy is a leader in the complementary fields of Coaching Psychology and Positive Psychology, having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy was the recipient of an International Positive Psychology Fellowship Award and has been published in the Journal of Positive Psychology. Suzy lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology.

Suzy also currently holds Honorary Academic positions at the Institute for Positive Psychology & Education (IPPE), Australian Catholic University, the Melbourne Graduate School of Education (MGSE), University of Melbourne and the Black Dog Institute. Suzy is also an Affiliate of the Institute for Well-Being, Cambridge University.

Suzy was the “Stress-less Expert” for Australian Women’s Health Magazine for 8 years and maintains a strong media profile, appearing regularly on television, radio and in print.



Dr. Suzy Green, Founder of The Positivity Institute

Pleased to meet you!

The Positivity Institute (PI) is a positively deviant organisation dedicated to the research and practice of well-being science for life, school and work. PI's BHAG (big, hairy, audacious goal) is to create flourishing lives and increase the well-being of the world!

The force for positive change is within us all. Famous humanistic psychologist, Carl Rogers referred to it as the “actualising tendency” – our innate desire for growth and development. And, whilst there has been an ever-increasing thirst for knowledge as to peak performance and optimal human development, it wasn't until the Positive Psychology movement emerged in the late 1990s that the science allowed us to identify the essential psychological needs we all have and strategies we can take to increase our overall well-being. Positive psychology is the science of optimal human functioning – for individuals, groups, teams, organisations, communities and society.

The science of Positive Psychology is now close to 20 years old and merging with fields like Neuroscience, Medicine, Education, Economics and Business. The research base, whilst growing, is full to the brim with possibilities for applications in the real world! Those who were the brave pioneers have already gathered some evidence to attest to its benefits.

The Positivity Institute was created and launched with the aim to bring this science to life and to continue as an “Institute” to investigate and add to the knowledge base of Positive Psychology. Our aim is to create flourishing lives and increase the well-being of the world. In our profession, this is known as a BHAG – a big, hairy, audacious goal! We hope you can join us in some way to attain this goal!



PI engages a range of highly professional and creative people to support us in enabling our vision. Our collaborators and associates have expertise in:

- | | | | |
|-------------------------------------|--------------------------------------|------------------------------------|---|
| 1
POSITIVE
PSYCHOLOGY | 2
COACHING
PSYCHOLOGY | 3
POSITIVE
EDUCATION | 4
POSITIVE
ORGANISATIONAL
SCHOLARSHIP |
| 5
POSITIVE
LEADERSHIP | 6
POSITIVE
COMMUNITIES | 7
MENTAL
TOUGHNESS | 8
NEUROSCIENCE |



These are the values our organisation represents in an effort to create flourishing lives and increase the well-being of the world.

C I V I L

CONNECTIVITY

Collaborative partnerships; Global connections and virtual services; Creating positive energy networks for positive social change

INGENUITY

Leveraging our Character Strengths of Curiosity, Creativity & Love of Learning; Innovative design and delivery; Commitment to scientific research and evidence-based practice

VITALITY

Leveraging our Character Strengths of Zest, Energy and Vitality; Intrinsic Motivation and Harmonious Passion for the work we do; Prioritising our own well-being and positive energy

INTEGRITY

Being open and honest in all our communications; Valuing authenticity; Delivering what we commit to

LEGACY

Commitment to making a difference in the world; Mentoring and developing young people; Doing meaningful work for causes that matter

Who We Work With

We love working with individuals, schools and organisations who:

1

Have dipped their big toes into the Positive Psychology Pond and want to learn and do more!

2

Have moved past weighing up the pros and cons for investing in scientifically proven methodologies for positive change and are ready for action!

3

Want to be exemplars and create a positive social contagion effect in their families, schools, communities, and organisations.

Select Clients

- Perth College
- Reserve Bank of Australia
- Loreto Ballarat
- NSW State Crime Command

Life / School / Work

To achieve our BHAG of increasing world-wide well-being, we want to touch as many lives as possible.

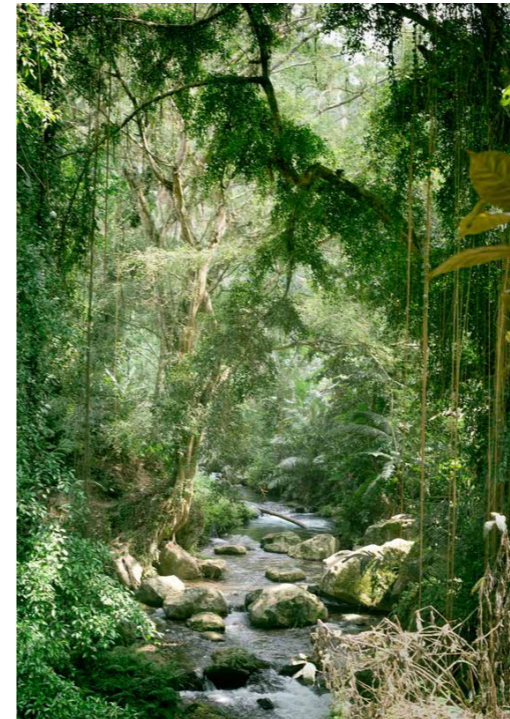


Helps individuals be happier and healthier

PI LIFE

Our services help you to be a happier and healthier human by enabling you to create meaningful and transformational positive change in your life. Our clients prefer our positive and proactive approach to change. We don't offer therapy or counselling (check out the [Australian Psychological Society Find a Psychologist website](#) if you need assistance). However, we do offer Positive Psychology Virtual Coaching which means we can work with you wherever you are in the world at a time to suit you! Through our scientific assessments and a personalised approach, we can create a well-being plan to help you flourish.

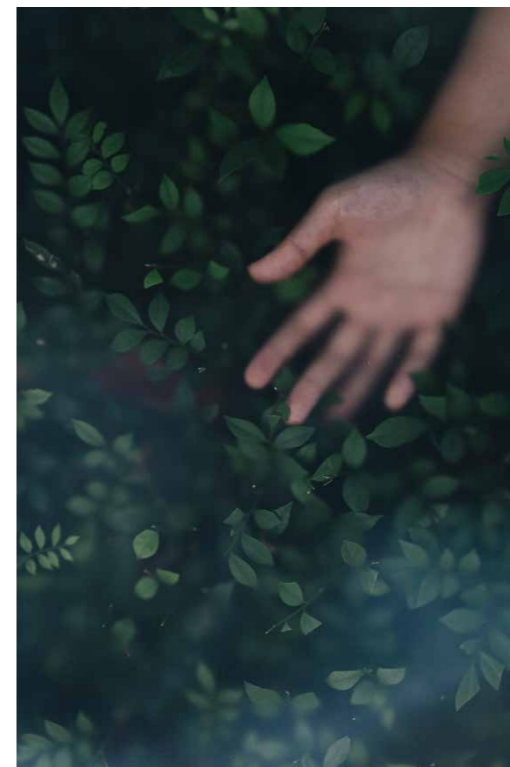
We also offer Flourishing Retreats for those curious individuals who crave more from their lives than just surviving and The Positivity Prescription (our online 8 weeks to wellbeing program).



Helps schools, staff and communities flourish

PI SCHOOL

We offer keynotes, training and consulting for those schools who want their students, staff and whole school communities to flourish. They want to support academic achievement but not at the cost to well-being. They want to see schools as institutes that help create virtuous and capable young people who want to change the world for the better.



Helps organisations, leaders and staff flourish

PI WORK

We offer keynotes, training and consulting for those organisations who want their leaders and staff to flourish. They want to create positive climates that support individual personal and professional growth together with reaching high levels of peak performance. We love working with organisations who are not just focused on financial outcomes but want to make a positive difference in the world.

Collaborate & Co-Create



PI Life offers:

- Positive Psychology Virtual Coaching
- Flourishing Retreats
- The Positivity Prescription (our online 8 weeks to wellbeing program)



PI School offers:

- Keynotes (off the shelf and bespoke)
- Training, workshops and coaching (one-off or as part of a larger program)
- Consulting (the whole kit & caboodle to create sustainable positive change)

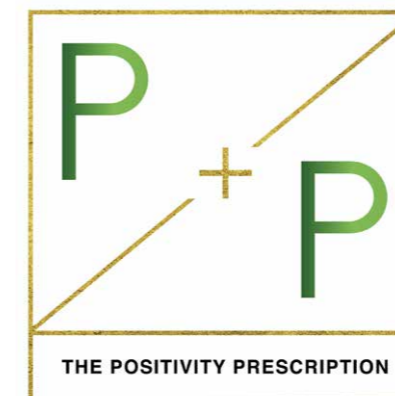


PI Work offers:

- Keynotes (off the shelf and bespoke)
- Training, workshops and coaching (one-off or as part of a larger program)
- Consulting (the whole kit & caboodle to create sustainable positive change)

The Positivity Prescription

The Positivity Prescription is an on-line program consisting of 6 core modules, together with a welcome module and a farewell module. Each module will require you to READ, WATCH and DO.



It doesn't matter if you're 18 or 80, if you're not feeling like your "best possible self" then this program is your ready-made roadmap to a flourishing life, where positivity overrides negativity and well-being trumps depression. Dr Suzy Green has created a 8-week program based on the science of Positive Psychology that will allow you to create meaningful, transformational and sustainable change and depression-proof yourself for life! You'll be encouraged to take up weekly challenges where you'll experiment with positive psychology practices that have been scientifically tried and tested.



Dr Suzy Green's "The Positivity Prescription" will help you to flourish. So let's get started – life's too short to languish! You can purchase the on-line program from the PI-Shop or apply for our annual group program – more details from info@thepositivityinstitute.com.au.

Next Steps

PI-Life Services

For our PI-Life Services, if you know what you need it's as simple as purchasing a virtual coaching package, signing up for "The Positivity Prescription" (our online program) or securing a spot at one of our upcoming Flourishing Retreats through our on-line PI-Shop.

For those that are still weighing up what's best, we suggest you email us at info@thepositivityinstitute.com.au as a first port of call so we can determine whether a conversation might assist or a free 15 minute personal assessment with one of our Positive Psychology Coaches.

PLEASE NOTE: We don't offer therapy or counselling. Please visit the APS "Find a Psychologist" website to locate a psychologist best suited to your needs and location.

PI-School and Work

For our PI-School and PI-Work Services, you can email us directly at info@thepositivityinstitute.com.au for quick queries. On initial contact, we'll send you a pre-questionnaire to assist us in determining your needs and then follow up with a call by one of PI-Team Members.

If you're simply after a one-off standalone keynote or workshop, email us with details via our contact form on the website and we'll get back to you within 24 hrs.

PLEASE NOTE: Our preference is to create positive relationships with our clients that are ongoing to support sustainable positive change. If you want to discuss your needs and objectives, we're happy to make a time or to set up a time for a personal consultation with one of our PI-Team members to determine your needs.

Get In Touch



General Queries

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