Get to Know Me



Efrat Faitelzon, MA

Group Facilitator

Efrat is a group facilitator and training developer in positive psychology, resilience, and community leadership. She holds an MBA specializing in business and managerial psychology and a BA in psychology and communications. Efrat guides groups and communities through long-term processes of growth, connection, and meaning-building, and combines nature-based group facilitation, community work in change processes, and processing crisis and trauma experiences in her work.

She facilitates workshops and training at the Maytiv Center at Reichman University, and develops processes that integrate personal and community resilience, belonging, leadership, and joint action. Over the years she has led learning and training processes in both civilian and military settings, believing in the power of a group to generate movement, hope, and change.