


Postgraduate Diploma

In Positive Organisational Psychology And Leadership

A person stands on the peak of a large, dark rock formation, their arms outstretched horizontally. The person is wearing a light blue t-shirt and dark pants. The background is a vast, dramatic sky filled with large, dark blue and grey clouds, with a soft, warm glow of orange and yellow light breaking through near the horizon, suggesting a sunset or sunrise. The overall mood is one of achievement, freedom, and connection with nature.

“Positive psychology is the scientific study of human strengths and virtues. It involves an attempt to move toward a more balanced perspective on human functioning that considers motives, capacities, and human potentials.”

- American Psychological Association

THE SCHOOL OF POSITIVE PSYCHOLOGY



Established in 2007, The School of Positive Psychology is the pioneer education and training institution in Asia specialising in the art, science and practice of positive psychology. The Singapore-based institution offers certificate, diploma and postgraduate programmes in applied positive psychology, psychotherapy and positive organisational psychology in affiliation with Anglia Ruskin University in the United Kingdom.

The programmes are led by internationally-renowned experts in positive psychology such as Dr. Ilona Boniwell, who founded the European Network of Positive Psychology as well as the first Masters in Applied Positive Psychology programme in Europe, and Dr. Robert Biswas-Diener, best-selling author, speaker and trainer widely respected as the founder of positive psychology coaching in the world.

As the only institution dedicated to the study of positive psychology in Singapore, The School of Positive Psychology is driven by a mission to help people enhance their psychological capital, optimise human potential and functioning, and improve personal and organisational wellbeing. The school promotes the growth of this emerging discipline in Asia through its own research and development initiatives, public workshops, social experiments and events such as the positive psychology conference.

Its corporate training division harnesses the study of positive organisational science to produce peak performance in the employees of both its public and private sector clients from Singapore government agencies to companies like Bloomberg, Randstad and Estée Lauder. Areas of training include organisational resilience, strengths leadership, positive leadership, growth mindset, and performance engagement and improvement.

All students of The School of Positive Psychology's academic programmes are eligible to register as members of the International Positive Psychology Association (IPPA), the world's leading authority dedicated to the advancement of the science of positive psychology and its research-based applications. As part of the IPPA community, members are recognised as accredited practitioners of positive psychology worldwide.



POSTGRADUATE DIPLOMA IN POSITIVE ORGANISATIONAL PSYCHOLOGY AND LEADERSHIP

We are living in a VUCA world. Volatility, uncertainty, complexity and ambiguity in the current business climate call for new leadership models and new rules of engagement to navigate the age of artificial intelligence successfully.

We need innovators. We need originators. We need early adopters. We need agile learners. But we also need heart-focused leaders to prime organisations for success in tomorrow's world.

To survive the future, organisations need to replace the old, fear-based approaches of

management that often result in high levels of disengagement and attrition, and embrace instead positive organisational science to optimise the performance of its workforce.

We need to create positive workplaces built on trust, collaboration, growth, support and wellbeing, as these hallmarks of positive psychology have been statistically proven to improve innovation, engagement, productivity, and profitability.

The demands of life are changing everyday. The mindsets and behaviours that carried you through yesterday will not be enough to



guarantee success tomorrow. Individuals who are nimble, open to change and embracing of challenges will thrive.

Positive psychology is an emerging branch of applied psychology devoted to the pursuit of optimal levels of human functioning and well-being in the context of personal, group and organisational development.

Equip yourself with the Postgraduate Diploma in Positive Organisational Psychology and Leadership and place yourself at the vanguard of the science that drives organisational excellence.

THE PROGRAMME

Through this 12-month programme offered in affiliation with Anglia Ruskin University, you will gain a comprehensive understanding of positive organisational psychology and the various tools and strategies used to deliver high-impact interventions that enhance the psychological capital and optimise the wellbeing of your staff, team or coaching clients. You will be introduced to research and interventions around topics like positive and negative emotions, character strengths, motivation, resilience, creativity and wisdom, and learn real-life applications to promote psychological fitness and organisational wellbeing.

CAREER OPPORTUNITIES

This programme is suitable for psychology graduates, human resource professionals, corporate leaders, life coaches and trainers who will be able to use the skills acquired to influence government, business, education, and communities. We offer a wide selection of modules that allow you to tailor your learning to your career goals.

With the Postgraduate Diploma in Positive Organisational Psychology and Leadership, career pathways include working as a positive psychologist in government agencies such as the Army, as well as in human resource departments, schools, research and consulting firms, healthcare facilities and hospitals, and organisations that offer counselling services.

Industry applications include:

- Developing wellbeing policies and programmes in government agencies, educational institutions, companies, social enterprises and charity organisations

- Enhancing the clinical work of qualified clinical psychologists, counsellors and psychotherapists with positive psychology theories, research and applications
- Helping patients/clients discover ways to better understand themselves, develop better ways to cope with behavioural problems, reduce negative and unhealthy thought patterns, and build positive relationships at home and at work
- Applying the science of positive leadership, authentic leadership and strengths-based leadership to transform a business into a positive organisation and elevate your company to the next level
- Incorporating positive organisational behaviour theories to optimise human capital in the areas of talent management, recruitment strategies and employee engagement
- Optimising the potential of a group, community or institution

TEACHING METHODOLOGY

World-renowned authorities on the subject of positive psychology from Europe and North America will lead the programme in Singapore through intensive week-long masterclass seminars for each of the four modules, based on a schedule designed for adult learning. Our professors will impart their leading edge expertise on positive organisational psychology including the latest research, industry experiences and evidence-based organisational leadership and coaching intervention tools. In between these face-to-face training sessions, self-directed study is recommended to build on your understanding of the concepts.

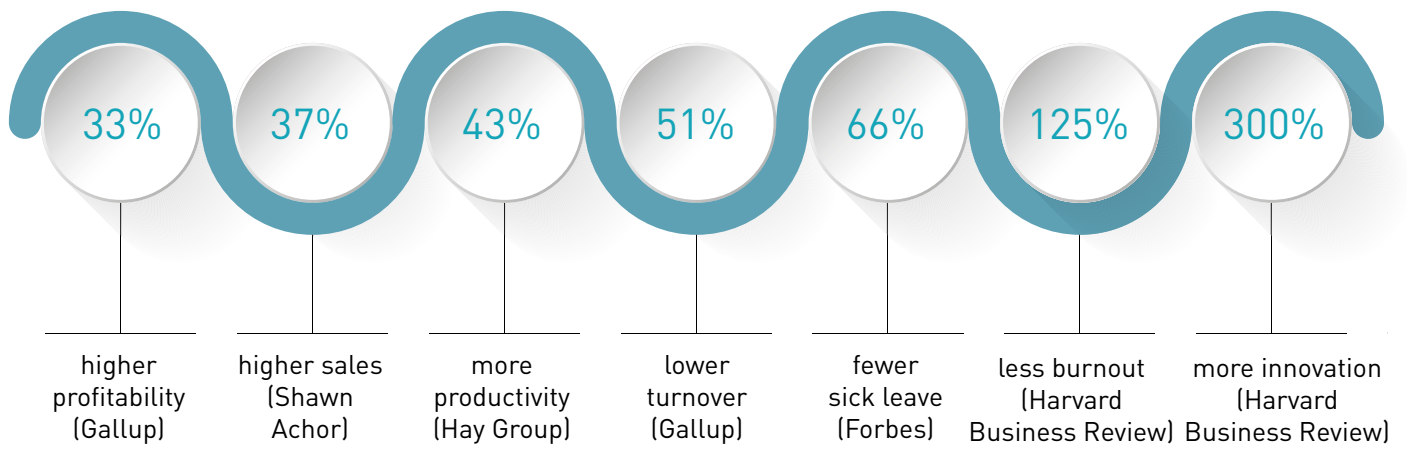
ASSESSMENT

100% of your assessment will be through assigned coursework. This could include essays, blogs, a reflective portfolio, self-reflective journal, handouts, video presentations, mind-maps, reports, and research proposals.

FURTHER ADVANCEMENT

Upon completion of the Postgraduate Diploma, students have the option of undertaking the MSc Applied Positive Psychology 12-month masters programme offered directly by Anglia Ruskin University.

THE SCIENCE OF POSITIVE ORGANISATIONAL PSYCHOLOGY & ITS STATISTICAL IMPACT ON BUSINESS:



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“You go into the flow when your highest strengths are deployed to meet the highest challenges that come your way.”

– Dr. Martin Seligman





PGDPOPL1

POSITIVE PSYCHOLOGY TRAINING AND CONSULTANCY

How can you optimise the effectiveness of your employees or training participants?

How does an individual's belief system affect their personal motivation and how can we trigger a change in mindset to enhance intrinsic motivation?

How can we harness the collective intelligence of organisational members to encourage prosocial behaviours in the workplace?

These are some of the questions and topics that will be explored in the Positive Psychology Training and Consultancy module.

In this module, you will learn how to design, implement and evaluate various Positive Psychological Interventions (PPI) that can be used to elicit behavioural change, and gain a sound understanding of when to deploy a specific intervention in the context of your training and consultancy work.

You will critically assess the various PPIs; their skills, techniques and strategies, as well as identify the blind spots and weaknesses of each PPI. You will also learn how to determine the effectiveness, fit and relevance of each PPI in relation to your participants' training objectives.

Learning methodology will cover both theoretical and practical tools for training around the concepts of happiness and emotions, through the use of the Hands-On-Thinking Method (HOTM) and research-based tools such as HEX™ Cards and Lego Serious Play to facilitate learning and creative collaboration.

In the course of this module, the relationship between time, wellbeing and performance will be discussed and operationalised for organisational excellence vis-à-vis empirical research on the psychology of time, time perspective and subjective time use. It will further equip learners with the skills to facilitate and sustain optimal performance in your training participants by helping them achieve work-life balance or time affluence.

Finally, the module will explore the interaction between our conscious and unconscious cognitive processes, including known barriers to implementing a successful change such as beliefs, mindset, low levels of self-regulation, and the complexity of the change process itself, and introduce participants to the theories and tools of attention-focusing, cognitive flexibility, and the concept of "nudge theory" in behavioural science.

PGDPOPL1

POSITIVE PSYCHOLOGY TRAINING AND CONSULTANCY

MODULE OUTLINE:

- Understanding and applying the principles of positive psychology to the business of training and consultancy
- Developing a method for integrating these theories into your existing training and consultancy methodology
- Designing, implementing and evaluating the various Positive Psychological Intervention (PPI) tools and strategies
- Concepts of happiness, positive emotions, emotional intelligence, time affluence, creativity and positive relationships
- Consultancy models and skills
- Concepts of behavioural economics and behavioural change

LEARNING OUTCOMES:

- Learn to design, implement and evaluate a PPI in a group setting
- Demonstrate a critical understanding of the factors that influence the effectiveness of an intervention
- Reflect on and critically discuss the practitioner-oriented aspects of applied positive psychology; professional accountability, supervision, and personal development
- Recognise and develop your own training-related strengths
- Sharpen your creativity and innovation skills
- Develop the ability to communicate evidence-based positive psychology concepts to the larger public



PGDPOPL2

POSITIVE RELATIONSHIPS

How is the science behind quality social connections?

How can we enhance existing relationships and build new ones?

How is individual and collective wellbeing interrelated?

This module describes the science behind social connection and its goal. The first goal is to examine how we can use the research to improve the quality of our relationships, in the broadest sense of the term – not just family and friends, but also colleagues, neighbors, and strangers. This is not a course on love and marriage or our most intimate relationships; it is about the dozens of exchanges we encounter in our daily lives, whether in person or virtual.

The second goal is to examine the power of the situation in shaping our behavior. As social animals, we are highly influenced by immediate context, the larger culture, and the behavior and expectations of others.

The social side of our lives is rich. There is a wealth of research to discover. There are countless applications in our personal lives and in our professional lives. In presenting the science of social connection, the influence of the situation and how these two interact to yield countless possible applications.

Students will leave with an enriched understanding of the positive side of human social behavior, the potential it holds, and the potential each of us has to change it for the better.

PGDPOPL2

POSITIVE RELATIONSHIPS

MODULE OUTLINE:

- Definition of positive relationships and barriers to achieving them
- Psychological notions of Self
- Self as measurable (personality and traits)
- Self as empirical investigator (social cognition)
 - Self as distributed and narrated (social constructionist theory)
 - Self as defended and masked (psychodynamic theory)
- Developmental understanding of positive-relating:
 - The development of Self as 'a capacity to be alone'
 - The development of Self as 'standing out' (integral vs. divided)
 - The 'ongoing' resilient self
- Positive relationships in action:
 - Closeness and intimacy
 - Alliance and collaboration
 - Leadership and change

LEARNING OUTCOMES:

- Demonstrate a critical understanding of the major theoretical models that define Self
- Reflect on and critically discuss the intertwined nature of Self-and-others
- Demonstrate an informed, integrated perspective of current psychology-based knowledge of positive relationships and its applications in enhancing personal and professional relationships
- Synthesise reading and lectures to critically assess different theories and research
- Develop awareness about one's preferred modes of self-presentation, and patterns of response in relationship with others



PGDPOPL3

POSITIVE PSYCHOLOGY COACHING

How do we build the psychological capital of our employees and coachees to induce optimal performance?

How do we capitalise on their existing strengths and maximise their potential?

How do we successfully implement a change management programme to increase intrinsic motivation and engagement in the pursuit of individual and organisational goals?

This module is dedicated to optimising the performance and output of your employees or training/coaching clients through the deployment of science-based coaching methodologies and interventions.

In the study of Positive Psychology Coaching, traditional assumptions of human behaviour will be challenged as we critically explore the argument for a strengths- rather than deficiency-based approach to performance improvement.

This module will equip coaching practitioners with a tangible toolkit of skills to create, implement and sustain optimal performance by helping their coachees identify and harness

their strengths while building upon their psychological capital.

It will introduce new positive psychology-based tools and models developed specifically for coaching practice, and discuss the various contexts in which to deploy existing Positive Psychology Interventions.

Learners will acquire the skills necessary to function as an effective change agent in the capacity of a manager, coach or mentor using leading-edge interventions based on the latest scientific research and discoveries. These include business-relevant skills such as strengths-development, and the application of goal theory and “hope diagnosis” to promote perseverance and develop courageous leadership skills.

Upon completion of this module, students will be able to clock 32.5 coaching training hours with the International Coach Federation (ICF), the gold standard credential for the coaching profession. They will also receive a certification accrediting the number of ICF hours clocked by The School of Positive Psychology and Positive Acorn, one of the leading authorities in the area of positive psychology coaching in the world.

PGDPOPL3

POSITIVE PSYCHOLOGY COACHING

MODULE OUTLINE:

- Evidence-based coaching and coaching psychology models
- Coaching interventions to enhance emotional intelligence, motivation and positive emotions such as hope and happiness in the workplace
- Concepts of strengths, strengths-spotting and strengths-assessment, and its impact on employee engagement
- Specialised strengths-coaching: Enhancing courage and curiosity as problem-solving tools

LEARNING OUTCOMES:

- Understand the principles and good practice standards of the application of positive psychology to coaching
- Develop a method for integrating positive psychology concepts into existing coaching methodologies
- Practice and appraise existing and new science-based positive psychology interventions
- Develop and propose a new coaching technique constructed around positive psychology concepts



PGDPOPL4

POSITIVE ORGANISATIONAL PSYCHOLOGY

In this module, students will be covering 3 key components:

Part A: Wellbeing for Individuals and Systems

Part B: Strengths Development

Part C: Self-paced Learning

Students who have successfully completed the Graduate Diploma in Applied Positive Psychology (GDAPP) from TSPP will not be needed to attempt part A and B of the module. Graduates will only be required to complete part C: Self-paced Learning and Assessment.

PART A: WELLBEING FOR INDIVIDUALS AND SYSTEMS

Students will develop advanced understanding of wellbeing from a micro and macro perspective.

At the micro-level perspective, students will engage in online self-paced learning from Dr Robert Biswas-Diener. They will discuss and learn about a wide range of theories and research results from the study of happiness. Students will be introduced to novel ideas about happiness intervention, the role of life circumstances, and happy thinking among

other topics.

At the macro-level perspective, students will learn about positive psychology frameworks and systems level approaches. Students will look at how we can enable social systems, as well as individuals to thrive. Specifically, they will explore multiple perspectives on wellbeing through a cultural, ethical and social lens. By developing a 'systems awareness' and the unique needs of each system, they can start to develop and integrate wellbeing programmes that support diversity and inclusion. These concepts will support students to understand how they can utilise positive psychology to make change at a group or organisational level. The cultural and contextual concepts will be considered.

Students will be equipped with positive organisational psychology assessment tools and positive management techniques to create a prosocial workforce that not only prizes the virtues of human relationships such as authenticity, connection and communication, but also inspires the level of social change that could make a real positive impact in the world. In short, students will learn how to prime people and organisations for the vanguard of human excellence.

PART B: STRENGTHS DEVELOPMENT

Students will explore the strengths tools used within positive psychology, VIA, Strength Profiler and Gallup. They will study the science of strengths as the foundation of positive psychology, and understanding the highest potential of the human race.

Students will learn about classifications and measures of strengths, and explore the diverse strength-based approaches for individuals, teams, and organisations. Students will have an opportunity to apply science-based practises to activate their strengths, learn the 'golden mean' of strengths, and explore how they can apply their unique strengths constellations across life domains.

PART C: SELF-PACED LEARNING

Students will undergo a 5 hours self-paced study. This learning process will be done online, at students' own comfort and convenience. Students will be led to discover in-depth insights about positive organisational psychology and its application in unique contexts. Students will explore strengths-based approaches in the workplace. Specifically, how to develop collective team strengths, and how to activate strengths in others. They will explore the concept of job crafting around strengths to increase motivation and collaboration in the workplace. Students will also be introduced to research on job satisfaction, engagement, productivity and collaboration. They will look into how individuals can use their leadership strengths to engage others to meet collective goals and objectives.

WORLD-RENOWNED FACULTY MEMBERS

PROGRAMME LEADER

DR. ILONA BONIWELL

CEO of Positran
 Best-selling Author & TED Speaker
 Founder of the European Network of Positive Psychology
 Strategic Programme Leader,
 MSc in Applied Positive Psychology at Anglia Ruskin University



As one of the world's foremost authorities on positive psychology, Dr. Ilona Boniwell is sought-after by governments around the world for her high-level research and expertise. She has worked with the governments of Dubai and Bhutan to develop frameworks for their country's wellbeing policies.

An accomplished academic and researcher, Dr. Boniwell is currently the Programme Leader for the first Master's Degree in Applied Positive Psychology in Europe at Anglia Ruskin University in the UK. She also lectures at École Centrale Paris and The School of Positive Psychology (TSPP) in Singapore, and is an academic board member of TSPP.

A pioneer in the field, Dr. Boniwell founded the European Network of Positive Psychology, which represents more than 23 countries in Europe, and organised the first European Congress of Positive Psychology in the UK. She has also been appointed Vice-chair of the International Positive Psychology Association and is currently a member of its Executive Board.

Dr. Boniwell's passion for the subject is further documented in several best-selling books she authored and co-edited, such as *Positive Psychology in a Nutshell* and *The Oxford Handbook of Happiness*. She has also been featured in many newspaper, radio and TV interviews including London's *The Guardian* and *The Times*, as well as the BBC2 series, *The Happiness Formula*, for which she also acted as the main consultant.

In parallel to her academic career, Dr. Boniwell is often invited to speak at national and international conferences, having delivered hundreds of presentations and workshops.

She channels her keen interest in the practical applications of positive psychology through her boutique consultancy, Positran, which provides specialised consulting services and training to educational institutions and businesses around the globe, including multinational corporations such as Microsoft, L'Oreal and Johnson & Johnson.

PROGRAMME LEADER

DR. ROBERT BISWAS-DIENER

CEO of Positive Acorn

Best-selling Author, Trainer, Coach & TED Speaker



Hailed as the “Indiana Jones of Positive Psychology” for his groundbreaking field research around the globe, Dr. Robert Biswas-Diener is one of the world’s leading experts in positive psychology.

The best-selling author has written and published more than 50 academic articles and books focused on positive emotions, happiness and wellbeing throughout his illustrious career. These include *The Upside of Your Dark Side: Why Being Your Whole Self--Not Just Your Good Self--Drives Success and Fulfillment*; *The Courage Quotient: How Science Can Make You Braver*; and *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients*.

Highly sought-after on the speaking circuit, Dr. Biswas-Diener has delivered several TED Talks and international keynote addresses on the topics of courage, happiness, strengths, wellbeing and culture.

The prolific psychologist has also been featured in numerous magazines including *Time*, *Newsweek*, *Vogue* and *O, The Oprah Magazine*, and was interviewed for the *CNN* documentary “Happiness And Your Health” by Dr. Sanjay Gupta.

In addition to his role as an academic board member of The School of Positive Psychology, Dr. Biswas-Diener sits on the editorial boards of several widely-respected psychology journals including *Journal of Personality*, *Journal of Positive Psychology*, *Coaching: An International Journal of Theory, Research and Practice*, *Journal of Happiness Studies*, and *PsyCritiques*. The influential researcher is also on the editorial boards of authoritative, research-focused journals such as *Social Indicators Research*, *Applied Research in Quality of Life*, and *Journal of Research in Personality*.

Widely regarded as the founder of positive psychology coaching in the world, Dr. Biswas-Diener has trained thousands of professionals from 22 countries on six continents, working with many high-profile organisations including BNP Paribas, Samsung and Standard Chartered Bank through his company, Positive Acorn.

As co-founder of The Strengths Project charity, Dr. Biswas-Diener channels his knowledge and expertise towards helping underprivileged individuals and groups realise their strengths to enhance quality of life and build on their life circumstances.

MODULE LEADER

DR. EVELYN ROSSET

President of HumanKind
Founder of Center of Positive Psychology, France



An experimental psychologist and cognitive scientist by training, Dr. Evelyn Rosset is an international expert in the science of social connection.

She has worked in world-renowned labs in a diverse range of disciplines including cognitive science, behavioural economics and social psychology. Her extensive research has been featured in several print and online scientific publications such as newscientist.com, and has earned her invitations to present keynote addresses at business conferences and educational institutions on the science of happiness.

This broad background is evident in Dr. Rosset's teaching and training in positive psychology, where she draws on multiple disciplines to create a unique balance that bridges breadth and depth, theory and practical applications.

A creative and passionate academic, Dr. Rosset has taught in universities and post-graduate programmes in the US and Europe. She is currently a module leader of the MSc Applied Positive Psychology programme at Anglia Ruskin University, with teaching engagements in France, the UK and Singapore.

Driven by the conviction that individual well-being and social wellbeing go hand in hand, Dr. Rosset created the MAAC Lab, a non-profit organisation designed to develop social connection and prosocial behaviour in individuals, groups and institutions.

As president and co-founder of non-profit organisation HumanKind, Dr. Rosset designs programmes to support social entrepreneurs in advancing social causes that aim to build stronger people, families and communities.

MODULE LEADER



MS. SARAH LEWIS

Associate Fellow of the British Psychological Society, Principal and Founder Member of the Association of Business Psychologists, Book Author, International Conference Speaker

As a chartered organisational psychologist and one of the principal positive psychology and appreciative inquiry practitioners in the UK, Sarah works with organisations, both commercial and not-for-profit to achieve effective, sustainable, positive change. She is an Associate Fellow of the British Psychological Society and a Principal and Founder Member of the Association of Business Psychologists.

Sarah is author of 'Positive Psychology at Work', and 'Positive Psychology and Change', and also the joint author of 'Appreciative Inquiry for Change Management'. She is a regular and recognised national and international conference speaker on Positive Psychology, Appreciative Inquiry and Change.

Sarah initially built her expertise as a social worker and manager to help people change their ways of thinking and behaviour by working in child protection. In 1993, she established her independent change consultancy business. Since then she has worked as a coach, consultant, trainer and facilitator for over 20 years with organisations from production and service sectors as well as with higher education, not-for-profit and local and central government.

She was one of the first people in the UK to be trained in appreciative inquiry and was quick to pick up on positive psychology writing one of the first books to apply positive psychology to workplace challenges. In 2017 she received the outstanding contribution to positive psychology work practices award.

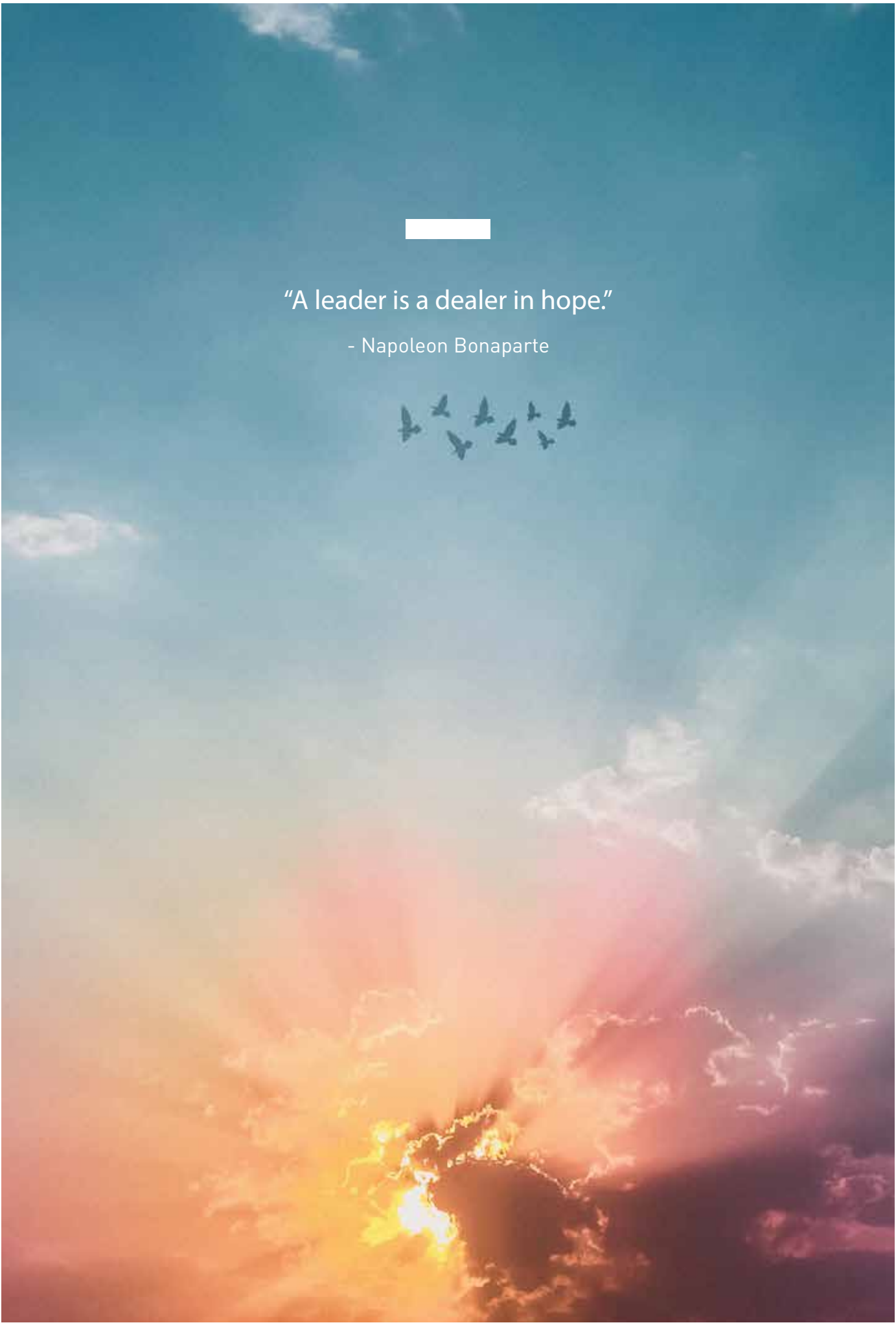
Sarah works in the areas of socio-technical system implementation, team development, leadership development, executive coaching, whole system change and organisational development. She helps organisations to address their issues, meet their challenges and achieve their desires in areas of organisational life, such as performance, change, strategy, relationships, morale, engagement and motivation, working together, process improvement, leadership, coordination, and effectiveness. She is often asked to help when things are 'stuck' or dysfunctional as a team, organisational or individual level.

Acting as a consultant, lecturer, trainer or facilitator, Sarah bring the benefits of positive psychology and appreciative understanding to people in organisations all over the world.



"A leader is a dealer in hope."

- Napoleon Bonaparte





TESTIMONIALS

HEAR FROM OUR STUDENTS

“In my coaching practice, clients are taught that the average person has an average of 15,000 thoughts, with 14,000 of them leaning towards the negative. This in turn negatively influences the decisions that we make throughout the day. Positive psychology’s tools and interventions are very effective in helping change our perceptions and thinking behaviours towards the positive, which leads to better decisions and an increase in wellbeing and happiness.”

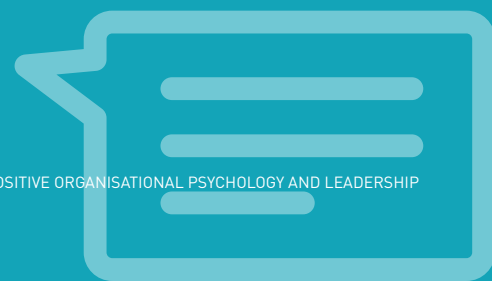
MAURER MARTINA ERIKA PETRA, COACH

“Positive psychology is really insightful on many levels. After learning positive psychology, I am better able to understand the people whom I work with as a coach and trainer. On top of that, positive psychology can be applied to the various aspects of your life; I enrolled in the course for professional development, and over time found myself applying what I have learnt with my family, with my friends, and even with people I meet on a daily basis. All in all, positive psychology is relevant for every point of contact that I have, and I think positive psychology should be a mandatory course for everyone!”

JANA DAWSON, MINDFULNESS & ORGANISATIONAL CONSULTANT

“If you’re wondering if you should take up the Postgraduate Diploma, I’d highly encourage you to go for it. In this program, some of the foremost leaders of positive psychology from all around the globe are brought in to Singapore, making it convenient for us to learn from the finest. By learning from the best, we get access to Positive Psychology Interventions that make us more effective coaches, trainers, consultants, and even as positive influencers to our family, friends, and the community. So, if you want to make a big difference, if you want to be somebody who can really positively impact the lives of others, then go for the course!”

TARA SCHOFIELD, CORPORATE TRAINER



ADMISSIONS

ENROLMENT DETAILS

ENTRY REQUIREMENTS

- A postgraduate-level education in a related discipline (with bridging modules GPSY 02 and GPSY 05), or
- A Graduate Diploma in Applied Positive Psychology from TSPP, or
- A Bachelor's Degree in Psychology, Business Psychology or equivalent (with bridging modules GPSY 02 and GPSY 05b)

ENGLISH LANGUAGE REQUIREMENTS

- GCE 'O' level minimum C6 in English, or
- Grade E in any GCE 'A' level subject conducted in English, or
- TSPP English placement test, or
- IELTS 5.5 or equivalent

APPLICATION PROCEDURE

- Step 1: Pre-course interview with course supervisor
- Step 2: Write a 500-word application statement

APPLICATION REQUIREMENTS

- Completed application form
- Completed application statement
- 1 recent passport-sized photo
- 1 photocopy of NRIC or Singapore valid pass
- Updated resume
- Educational certificates and academic transcripts
- Application fee: SGD 160.50 w/GST

COURSE DELIVERY

- Lectures and seminars
- Class presentations
- Group discussions
- Case studies
- Role plays
- Online discussions

ADVANCED STANDING

- With the Postgraduate Diploma in Positive Organisational Psychology and Leadership, graduates have the option and privilege of direct entry to Year 2 of the Master of Science in Applied Positive Psychology offered by Anglia Ruskin University as a distance learning programme (not through The School of Positive Psychology).

COURSE DURATION

- Postgraduate Diploma in Positive Organisational Psychology and Leadership (120 credits)
- 12 months
- MSc Applied Positive Psychology top up* (60 credits)
- 12 months

COURSE FEE

- Postgraduate Diploma in Positive Organisational Psychology and Leadership (120 credits)
- SGD 24,005.45 w/GST
- SGD 1,904.60 w/GST (per bridging module)
- MSc Applied Positive Psychology top up* (60 credits)
- Non-EU students GBP 4,135

(GDAPP)

BRIDGING MODULES

Students may be required to undertake the following bridging modules as part of the Postgraduate Diploma in Positive Organisational Psychology and Leadership. Those with postgraduate-level education in a related discipline and have gained conditional acceptance to the programme are eligible for these modules.

02 APPLIED POSITIVE PSYCHOLOGY

Applied Positive Psychology explores the birth and development of positive psychology with a focus on strengths and fulfilling the lives of people. It is the study of what can go right with people. It concerns the research of subjective human experiences, positive personality traits and their influence in society.

Learners will learn positive psychology frameworks and theories such as Dr. Martin Seligman's PERMAH model: Positive Emotions, Engagement, Relationships, Meaning, Accomplishment and Health. Other topics include resilience, positive emotions such as gratitude and hope, the theory of 'flow', cultivating positive relationships, meaning in life and self-regulation. Additionally, learners will learn about the research studies done in positive psychology and the skills, tools and exercise pertaining to the module topics.

05 RESILIENCE TRAINING FOR PRACTITIONERS


Resilience Training builds on research findings from four relevant fields of study which includes: Cognitive Behavioural Therapy; resilience; post-traumatic growth; and positive psychology. The module is organised around SPARK acronym, and teaches learners to break simple and complex situations into manageable components of Situation, Perception, Auto-pilot, Reaction and Knowledge. Originally developed by Dr Ilona Boniwell and Dr Lucy Ryan, this groundbreaking programme for developing resilience is currently employed by educational and people centric-organisations.

Learners will be introduced to a range of resilience skills and models that are applicable to support a non-clinical population to navigate challenges and stresses effectively. At the end of this professional workshop, the learner is certified to train others as a 'SPARK Resilience Workplace Trainer'.

Part A (14 hours): The programme enables learners to challenge their interpretation of any life situation and consider other alternatives as they are being introduced to the skills of assertiveness and problem solving. Learners are also helped to build their own 'resilience muscles' through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

Part B (7 hours): Students will interact with resilience strategies and practical ways to apply resilience in a selected setting.



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Consultation hours: 1pm – 9pm

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The School of Positive Psychology
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