



Postgraduate Diploma in
**POSITIVE ORGANISATIONAL
PSYCHOLOGY AND
LEADERSHIP**

THE SCHOOL OF POSITIVE PSYCHOLOGY

Singapore | Japan | Hong Kong | Philippines

Established in 2007

The School of Positive Psychology is the first education and training facility in Asia dedicated to promoting the art, science, and practice of positive psychology and psychotherapy.

Alongside providing education and credentials, our focus is on promoting research, training, and the dissemination of positive psychology with the aim of sharing the gift of joy and fulfilment.

OUR VISION

To help the world thrive through wellbeing-based education and thought leadership.

OUR MISSION

To empower people with evidence-based, high-quality positive psychology and psychotherapy education, research, and professional development that fosters compassion and courage, and builds thriving communities, organisations, and societies.

The School of Positive Psychology is under the Enhanced Registration Framework (ERF). The ERF is administered by the Committee for Private Education (CPE), a part of SkillsFuture Singapore (SSG). ERF requires all students to be covered under the Industry-Wide Course (IWC) fee insurance scheme. In The School of Positive Psychology, this is provided through Lonpac Insurance Bhd.

For more details, please visit the Committee for Private Education (CPE), a part of SkillsFuture Singapore (SSG) website:
<https://www.ssg.gov.sg/cpe/pei.html>



Postgraduate Diploma in Positive Organisational Psychology and Leadership

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

Through this programme offered in affiliation with Anglia Ruskin University, you will gain a comprehensive understanding of positive organisational psychology. Various tools and strategies will be taught to deliver high-impact interventions that enhance the psychological capital and optimise the wellbeing of your staff, team or coaching clients.

You will also 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.

This programme is suitable for psychology graduates, human resource professionals, educators, corporate leaders, life coaches and trainers who will

be able to use the skills acquired to influence government, business, education, and communities.

World-renowned authorities on the subject of positive psychology from Europe and North America will lead the programme 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 or online training sessions, self-directed study is recommended to build on your understanding of the concepts.

Upon completion of the Postgraduate Diploma, students have the option of furthering their studies by undertaking the Masters of Science in Applied Positive Psychology programme offered directly by Anglia Ruskin University.

Curriculum

The PGDPOPL programme features 4 modules. The modules are listed below.

PGDPSY 01 Positive Psychology Training and Consultancy

In this module, you will learn how to design, assess, 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.

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 you 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.

PGDPSY 02 Positive Relationships

This is not a module on love and marriage or our most intimate relationships; this module looks at the science behind social connection and its goals. The first goal is to examine how you can use the research to improve the quality of your relationships, in the broadest sense of the term – not just with family and friends, but also colleagues, neighbours, and strangers.

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

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

PGDPSY 03 Positive Psychology Coaching

This module is dedicated to optimising the performance and output of people 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-based rather than deficiency-based approach to performance improvement.

This module will equip coaches with a 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.

Upon completion of this module, students will be able to clock 32 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.

PGDPSY 04 Positive Organisational Psychology

In this module, students will be covering 2 key components:

Part A: Wellbeing for Individuals and Systems

Develop an advanced comprehension of wellbeing, from both micro and macro perspectives. Learn how positive psychology frameworks can be applied on a systems-level, and how you can influence social systems to nurture thriving individuals.

Specifically, you 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, you can start to develop and integrate wellbeing programmes that support diversity, inclusion, and psychological safety. These concepts will help you understand how you can use positive psychology to make changes at a group or organisational level, taking cultural and contextual factors into account.

You will be equipped with positive organisational psychology assessment tools and management techniques to create a prosocial workforce that values the virtues of human relationships such as authenticity, connection, and communication and inspires social change that could positively impact workplaces.

In short, you will learn how to prime people and organisations for the vanguard of human excellence.

Part B: Strengths Development

Part 1: Workshop

Positive psychology tools such as VIA Strengths, Gallup StrengthsFinder, Strength Profiler, and others will be explored. You will use evidence-based approaches to activate strengths and unlock flourishing human potential.

This workshop will cover the classification and measurement of strengths, as well as strengths-based approaches to enhance individual, team, and organisational performance and resilience. Learn the 'golden mean of strengths' and discover how to apply your unique strengths constellations across life domains.

Part 2: Self-paced Learning

You will undergo 5 hours of self-paced online learning and explore strengths-based approaches in the workplace. Specifically, how to develop a collective team strengths profile and how to activate strengths in others. You 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.

BRIDGING MODULES

Students may be required to undertake the following bridging modules as part of the PGDPOPL:

GPSY 02

GPSY 05

Applied Positive Psychology

Resilience Training for Practitioners

Admissions and Applications

	Postgraduate Diploma in Positive Organisational Psychology and Leadership
Course Delivery	<ul style="list-style-type: none"> ▪ Lectures and case studies discussions ▪ Class presentations ▪ Online discussions
Advanced Standing	With the PGDPOPL, 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 TSPP).
Entry Requirements	<ul style="list-style-type: none"> ▪ A Bachelor's Degree in Psychology (with bridging modules GPSY 02 Applied Positive Psychology and GPSY 05 Resilience Training for Practitioners), or ▪ A Bachelor's Degree in any discipline (with bridging modules GPSY 02 Applied Positive Psychology and GPSY 05 Resilience Training for Practitioners) and working experience in: <ul style="list-style-type: none"> - a supervisory or leadership role, or - a Human Resource, Learning and Development or Organisational Development position, or - Healthcare, Allied Health, or Education industry ▪ Graduate Diploma in Applied Positive Psychology from TSPP
English Language Proficiency	<ul style="list-style-type: none"> ▪ Pass in GCE 'O' Level English Language, or ▪ Pass in any GCE 'A' Level subject conducted in English, or ▪ IELTS 5.5, or ▪ TOEFL (Internet Based) 59, or ▪ Pearson PTE Academic 52
Registration Fee	S\$162.00 w/GST
Tuition Fee	S\$25,120.80 w/GST
Bridging Module	S\$2,084.40 w/GST
Application Procedure	<ul style="list-style-type: none"> ▪ Step 1: Pre-course interview with course supervisor ▪ Step 2: Write a 500-word application statement
Application Requirements	<ul style="list-style-type: none"> ▪ 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



“One year from now, you’ll wish you started today.”



GET IN TOUCH

Please feel free to get in touch with us online or meet us on campus if you are interested in studying at The School of Positive Psychology.

For more information regarding our courses and entry requirements, please contact us using the following details:



Call +65 6884 5162
Whatsapp +65 8792 0415



Email enquiry@positivepsych.edu.sg



Visit us at our campus:
61 Stamford Road
#01-09 Stamford Court
Singapore 178892

FOLLOW US

For more wellbeing & mental health content:



positivepsych.edu.sg



[TheSchoolofPositivePsychology](https://www.facebook.com/TheSchoolofPositivePsychology)



[positivepsychsg](https://www.instagram.com/positivepsychsg)



[The School of Positive Psychology](https://www.youtube.com/TheSchoolofPositivePsychology)



[The School of Positive Psychology](https://www.linkedin.com/company/TheSchoolofPositivePsychology)
