



# POSITIVE PSYCHOLOGY

## COACHING TRAINING



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# BE EMPOWERED TO LEARN, CHANGE, AND GROW

## POSITIVE PSYCHOLOGY COACHING TRAINING BY DR. ROBERT BISWAS-DIENER

Positive Psychology Coaching focuses on strengths and applied techniques – an approach that is increasingly implemented in daily business practice, and continues to bring remarkable benefits. This workshop is a rare chance to learn from Dr. Robert Biswas-Diener – an internationally recognised authority on positive psychology and coaching. Get ready to soar away with the latest positive psychology coaching tools for all aspects of your life! Dr. Biswas-Diener has trained more than 10,000 coaches and organisational leaders around the world.

Certification from this positive psychology coaching programme is awarded by The School of Positive Psychology and Positive Acorn. This course is accredited by International Coaching Federation (ICF) and professional hours can be clocked towards ICF credit hours.

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# POSITIVE PSYCHOLOGY COACHING TOOLS

1. Learn the skills necessary to work as a change agent, whether in the capacity of manager, coach, or mentor.
2. Be presented with leading edge interventions based on the latest science. These include a number of business relevant skills such as developing strengths for increased engagement, using “hope diagnosis” to promote perseverance and developing courageous leadership skills.

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## WHO CAN BENEFIT FROM THIS TRAINING?

1. Coaches, managers, team leaders, and project leaders;
2. Counsellors, psychologists, and educationalists; and
3. Anyone else who is interested in a positive individual development.

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### GET CERTIFIED AND ACCELERATE YOUR COACHING!

Certificate in Positive Psychology Coaching  
(For TSPP Alumnus or Certified Coach); OR  
Certificate in Positive Psychology Interventions (Non-coach).

# POSITIVE PSYCHOLOGY COACHING TRAINING

HELD OVER 3 WEEKENDS IN APRIL & MAY 2022

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April 16<sup>th</sup> 2022, Saturday

April 17<sup>th</sup> 2022, Sunday

April 30<sup>th</sup> 2022, Saturday

May 1<sup>st</sup> 2022, Sunday

May 14<sup>th</sup> 2022, Saturday

May 15<sup>th</sup> 2022, Sunday

All sessions will be conducted from

 9AM - 1PM - Singapore time (GMT +8)

**Fee:**  
**S\$3,544.37**  
**w/GST**

**Sign up by 25 Mar 2022 to receive  
10% early bird discount!**



## APRIL 16<sup>TH</sup> 2022, SATURDAY

### Introduction to Performance Coaching

In this session, participants will learn to define coaching and recognise its professional boundaries. We will focus especially on setting sophisticated agendas, powerful listening skills, and asking provocative questions. There will be demonstrations, discussion, and opportunities for practice.



## APRIL 17<sup>TH</sup> 2022, SUNDAY

### Responsible and Effective Coaching

In this session, participants will learn about the ethical foundations of coaching as well as tools for understanding and harnessing emotion as it relates to motivation.



## APRIL 30<sup>TH</sup> 2022, SATURDAY

### Strengths Coaching

In this session, participants will learn about strengths and weaknesses as they relate to performance. We will discuss strengths labels, strengths development, and team strengths.



## MAY 1<sup>ST</sup> 2022, SUNDAY

### Creating Improved Self-Awareness

In this session, participants will learn a variety of tools that coaches use to enhance awareness. We will practice using these skills and discuss the contexts in which they are the most appropriate.



## MAY 14<sup>TH</sup> 2022, SATURDAY

### Coaching for Solutions

In this session, participants will learn how to orient conversations away from complaints and toward empowerment and solutions. We will discuss 14 distinct skills and have an opportunity to practice many of them.



## MAY 15<sup>TH</sup> 2022, SUNDAY

### Positive Work

In this session, participants will learn about research and application related to positive work. This includes correlates of job satisfaction, job crafting, and positive leadership.

# ABOUT THE TRAINER

Dr. Robert Biswas-Diener is one of the world's leading experts in the study of positive psychology and wellbeing. As a world-class speaker, he is widely known for his dynamism, storytelling acumen and experiential approach. Till this day, Dr. Biswas-Diener, a frequent guest speaker at TED, has trained thousands of professionals on the topics of courage, happiness, strengths and wellbeing.

Acclaimed as the “Indiana Jones of Positive Psychology”, Dr. Biswas-Diener has travelled to different parts of the world to study the happiness in people.

Dr. Biswas-Diener has authored over 50 academic articles and books on positive emotions and happiness. Some of his key publications, the *Upside of Your Dark Side* (2014), *Practicing Positive Psychology Coaching* (2010) and *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients* (2007) are listed as one of the best selling psychology books in Amazon.



# POSITIVE PSYCHOLOGY COACHING TRAINING

- I acknowledge that I am able to attend all sessions for the training, and that certification will only be issued upon successful completion of all components.

Name: Dr / Mr / Ms \_\_\_\_\_

Email: \_\_\_\_\_

Mobile No: \_\_\_\_\_

Address: \_\_\_\_\_

Nationality: \_\_\_\_\_

Company: \_\_\_\_\_

Designation: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am paying the fee of:  S\$3,189.93 w/GST (early bird till 25 Mar 2022)  
 S\$3,012.71 w/GST (students & alumni)  S\$3,544.37 w/GST (normal rate)

Payment will be made by:

- Bank Transfer:  
Bank name: OCBC bank  
Beneficiary name: The School of Positive Psychology Pte Ltd  
Beneficiary account number: 662 837319 001

- PAYNOW:  
UEN: 200703523D

- NETS

- CREDIT CARD

## TERMS & CONDITIONS

Payment terms: Following completion and return of registration form, full payment is required within 5 (five) working days. Payment must be received before the commencement of the event. We reserve the right to refuse admission if payment is not received on time. Payments are non-refundable. It is your responsibility to ensure that you are able to attend all workshop modules.

## PRIVACY

Any information provided by you in registering for this training is being collected by the School of Positive Psychology Pte Ltd and will be held in the strictest confidence. It will be added to our database and will be used primarily to provide you with further information about events and services provided by the School of Positive Psychology.

# REGISTRATION

## CONTACT



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