

Graduate Diploma in Coaching Psychology (GDCP)

Programme Guide



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, we are dedicated to advancing research, delivering impactful training, and championing the principles of positive psychology to empower individuals and communities to thrive and flourish.

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 registered under the Enhanced Registration Framework (ERF). The ERF is administered by the 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 <https://www.skillsfuture.gov.sg/pei>

Why You'll Love Learning with Us

- **Culturally Relevant Learning**
Our programmes are tailored to resonate with the Asian market, reflecting an “intentional localism” approach that ensures cultural relevance and practical application.
- **Experiential Education**
While knowledge is abundant, the real challenge lies in its application. We focus on experiential, practical, and applicable learning, equipping you with tools to thrive in real-world scenarios.
- **A Personalised Journey**
Take ownership of your learning journey. Our customised pathways and elective options empower you to tailor your education to your goals and interests.
- **Purposeful Assignments**
Gain clarity on assignment objectives and see the tangible benefits of your efforts. Every task is designed to maximise your investment of time and energy.
- **A Passion for Learning**
Explore the full spectrum of psychology, from its foundational principles to transformative positive practices, with opportunities to delve into topics across the mental wellbeing spectrum from -10 to +10.



Graduate Diploma in Coaching Psychology (GDACP)

The Graduate Diploma in Coaching Psychology is a postgraduate programme designed for individuals who are interested in developing their coaching expertise and exploring the world of positive psychology coaching. This six-month programme lays the foundation for both theoretical and applied knowledge of the science of psychology and coaching. The programme is underpinned by empirical research, International Coaching Federation (ICF) guidelines, comprehensive resources and robust course content, from South East Asia's leading psychology training institution.

Introduction

The Graduate Diploma in Coaching Psychology (GDCP) offered by The School of Positive Psychology (TSPP) is accredited by the International Coaching Federation (ICF). GDCP has a comprehensive curriculum that integrates psychology, positive psychology and coaching skills to enable graduates to become competent, confident and ethical coaches.

This course goes beyond traditional coaching skills and models. Our experienced faculty, including the founder of Positive Psychology Coaching, Dr Robert Biswas-Diener, will immerse you in the captivating exploration of strengths-based approaches and topics such as emotions, cognitions, and motivation within the dynamic realm of coaching psychology.

GDCP adopts a “live it to learn it” pedagogy model that blends content sharing, practical and experiential activities, role plays, reflections, discussions, and real-life applications. Learners are encouraged to engage in critical thinking and to contextualise coaching skills for diverse cultural contexts.

This course is intended for professionals, leaders, business owners and human resource professionals who desire to develop coaching skills to elevate wellbeing, enhance performance and guide others to become their “best selves”.



Duration	6 months (part-time)
Course Structure	2 terms per year
Intakes	Jan, Jul



Curriculum



The GDCP programme comprises **5 modules** that expand your knowledge, empower you to make an impact in personal and work environments, and unlock the transformative potential of positive psychology coaching. Below is an overview of the programme's modules:

01

GPSY 02
Applied Positive
Psychology

This module explores the science of **optimal human functioning** and unpacks concepts such as **happiness, flourishing and wellbeing**. This experiential course invites learners to engage in critical thinking by exploring Positive Psychology theories, models and concepts, and applying them to their cultural and unique contexts. Learners will gain a deep understanding of the **PERMAH model pillars**, and find out how these can be applied to **elevate wellbeing** for self and others.



02

GPSY 11 Coaching Foundation

This module is designed to equip learners with the basic coaching skills, knowledge, and principles that are necessary to become an accomplished coach. It follows the **ICF's Core Competencies Model**, ensuring that the training is aligned with industry standards. The module includes a variety of learning methods, including classroom discussions, reflections, supervised coaching practice, and feedback from peers. By engaging in these activities, learners are exposed to a broad range of coaching practices and techniques that will enable them to develop their coaching abilities. The goal of this module is to provide learners with a **concrete foundation** that will enable them to excel as professional coaches. By the end of the module, participants will have acquired the foundational skills and knowledge required to be a competent coach.

03

GPSY 12 Coaching Psychology

In this module, learners will develop professional expertise in contemporary coaching with psychology by learning the **latest psychological approaches** to coaching as well as understanding the scientific study of behaviour, cognition, and emotions. In addition to exploring psychological tools, learners will be introduced to various applied coaching psychology competencies. At the end of the module, learners will be able to apply coaching psychology in their coaching practices and understand how it can improve coaching effectiveness.



04

GPSY 13 Ethics and Coaching Mentoring

Keeping ethical standards is imperative for the coaching profession, as it ensures the protection of the client's interests, the maintenance of professional standards, the development of performance, and the promotion of accountability. In this module, learners will become familiar with the **ICF code of ethics**. In addition, they will be taught to recognise and develop strategies for dealing with ethical challenges, as well as to interpret and make decisions regarding challenging ethical dilemmas.

05

GPSY 14 Positive Psychology Coaching

This module equips learners with **actionable strategies** and contextually **appropriate tools** grounded in positive psychology coaching. It trains learners to apply new and innovative techniques like developing strengths for increased engagement, using "hope diagnosis" to promote perseverance, and fostering courageous leadership — all designed to meet the unique challenges of coaching in diverse settings.

Admissions






Module Exemption	Learners who have taken modules from other recognised higher institutions may apply for module exemption. The school will review your application and approve it accordingly.
Course Delivery	<ul style="list-style-type: none">• Lectures and case studies discussions• Class presentations, essays
Entry Requirements	<ul style="list-style-type: none">• A Bachelor's Degree, or• Mature candidates (30 years old and above) with a Diploma and minimum 8 years working experience
English Language Proficiency	<ul style="list-style-type: none">• Grade C6 and above in GCE 'O' Level English, or• Grade E and above in any GCE 'A' Level subject conducted in English, or• IELTS 5.5, or• TOEFL (Internet Based) 59
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$10,355.00 w/GST
Application Requirements	<ul style="list-style-type: none">• Application form• Application statement• 1 recent passport-sized photo• NRIC/Valid SG pass copy• Updated resume• Educational certificates and academic transcripts

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.

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Discover how our programmes can transform your future.
Chat with us to find the best fit for your goals.



Thrive together.