

Graduate Diploma in COACHING PSYCHOLOGY

THE SCHOOL OF POSITIVE PSYCHOLOGY

Singapore | Japan | Hong Kong | Philippines

Established in 2007

The School of Positive Psychology is the pioneer education and training facility in Singapore and Asia, established to promote the art, science and practice of positive psychology and psychotherapy. Apart from providing education and credentialing, we promote research, training, and the dissemination of positive psychology. We are here to share the gift of joy and fulfilment using the methods offered in positive psychology.

OUR VISION

Help our world to thrive through wellbeing-based education and thought leadership.

OUR MISSION

Empower people to become changemakers with evidence-based, high-quality positive psychology and psychotherapy education, research, and professional development that ripples compassion and courage to build thriving communities, organisations, and societies.



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, as should be expected from South East Asia's leading psychology training institution.

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



Graduate Diploma in Coaching Psychology

The Graduate Diploma in Coaching Psychology (GDCP) offered by The School of Positive Psychology (TSPP) 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 strengthsbased 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 (2-3 modules per term)

Intakes: January, July

Total Tuition Fees*: S\$12,225.60w/GST

*Fees apply to all Singapore residents (Singapore Citizens, Permament Residents and all pass holders)

Note: All course fees include prevailing 8% Goods and Services Tax (GST). Different modes of payment are available, please contact us for more details.



Curriculum

The GDCP programme expands your knowledge, empowers you to make an impact in personal and work environments, and unlocks the transformative potential of positive psychology coaching. Gain expertise in enhancing wellbeing and driving positive change in diverse contexts.

MODULES

Please note that the modules listed may not be offered every term. Students should always refer to TSPP Student Portal for the latest module offerings.

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.

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.

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**.

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.

GPSY 14

Positive Psychology Coaching

In this module, learners will explore how positive psychology can be integrated into their coaching practice. Positive psychology-based coaching tools, models and techniques will also be introduced and examined. This module will expose learners to using **evidence-based positive psychology interventions** in coaching effectively. Upon completion of the module, learners will learn how to help people gain insight and make **effective change through coaching**.

Admissions and Applications

	Graduate Diploma in Coaching Psychology
Module Exemption	Learners may apply for exemption for modules they have taken from other recognised higher institutions. However, the exemption is subject to the approval of the School.
Course Delivery	 Lectures, case studies, discussions Class presentations, essays
Entry Requirements	 A Bachelor's Degree, or Mature candidates (30 years old and above) with a Diploma and minimum 8 years working experience
English Language Proficiency	 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
Registration Fee	S\$ 162.00 w/GST
Tuition Fee	S\$12,225.60 w/GST
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

GET IN TOUCH

If you are considering studies at The School of Positive Psychology, we would love to hear from you online or meet you on campus.

For more information on our courses and entry requirements, contact us:

- Call +65 6884 5162 Whatsapp +65 8792 0415
- Bemail enquiry@positivepsych.edu.sg
- Visit us at our campus:
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