

POSITIVE PSYCHOLOGY COACHING TRAINING

With Dr. Robert Biswas-Diener

ACCREDITED BY
ICF

International Coaching Federation



POSITIVE PSYCHOLOGY COACHING TRAINING

With Dr. Robert Biswas-Diener

People are facing more uncertainty and pressure in all areas of life than ever before.

Coaching provides a space for them to consider issues, clarify thoughts, learn about themselves, and create plans. Great coaching requires technical skills, practice and feedback.

In this training programme, you will learn how to help people gain insight and make effective change. This workshop begins with an emphasis on foundational coaching skills including cultivating coaching presence, active listening, and asking great questions. It then builds on these basics by applying theory and tools from positive psychology.

EMPOWER OTHERS THROUGH POSITIVE PSYCHOLOGY COACHING

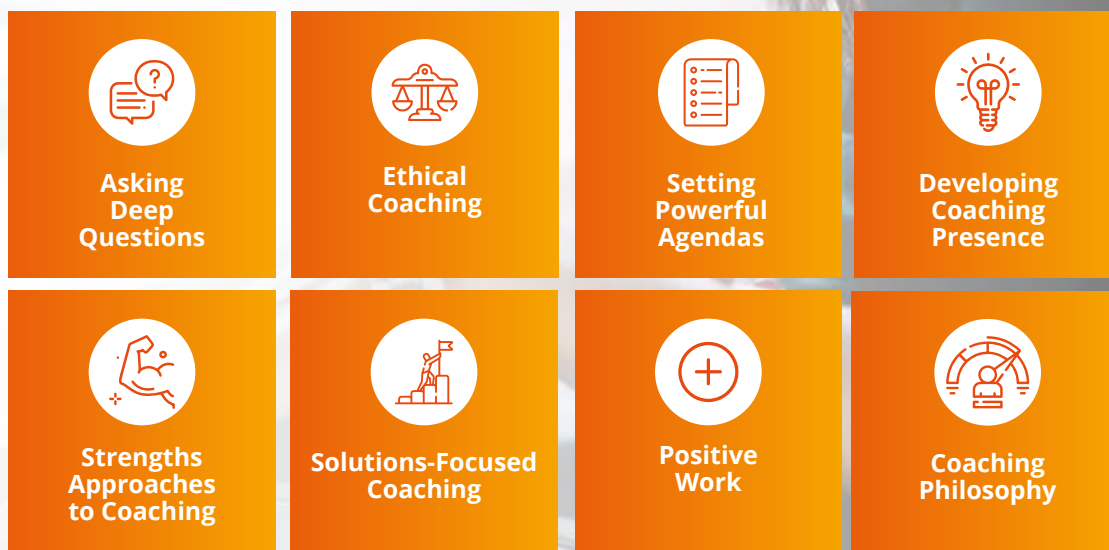
Suitable for both beginners and more experienced coaches, this training will challenge you to be a more effective thought-partner with your clients, students, or supervisees.

This workshop is facilitated by master-trainer, Dr. Robert Biswas-Diener. Robert is widely acknowledged as the pioneer of positive psychology coaching and has trained coaches and leaders throughout the world.

WHO WILL BENEFIT FROM THE TRAINING

- New and experienced coaches
- Leaders and people managers
- People development and organisational development practitioners (HR, L&D, OD, DEI)
- Wellbeing professionals
- Mental health professionals
- Educators and trainers
- Performance coaches and trainers
- Mentors and parents

TOPICS COVERED



3-DAY WORKSHOP



Fri 19 Apr '24 9am - 6pm
Sat 20 Apr '24 9am - 6pm
Sun 21 Apr '24 9am - 5pm

This three-day workshop will provide a solid introduction to managers, teachers, team leaders, therapists, or others who are interested in learning and integrating coaching skills in their work. Experienced coaches will build on their established professional skills with tools and theories drawn from the latest positive psychological science. Be challenged to rethink the basic skills and philosophies of coaching, and learn to incorporate positive psychology approaches and techniques to make practice even more effective.

WHAT YOU RECEIVE

For Certified Coaches

- Certificate in Positive Psychology Coaching
- International Coaching Federation (ICF) credit hours

For TSPP Alumni

- Certificate in Positive Psychology Coaching

For Non-Coaches

- Certificate in Positive Psychology Interventions

7-DAY MASTERCLASS



Fri 19 Apr '24 9am - 6pm
Sat 20 Apr '24 9am - 6pm
Sun 21 Apr '24 9am - 5pm
Mon-Thu 22-25 Apr '24 6.30-10.30pm

Delve deeper in exploring specific methods for applying positive psychology frameworks, assessments, and interventions, focusing on applications in the coaching context. Robert will rapidly move beyond conventional positive psychology topics such as gratitude journals and identifying top strengths. Instead, he will concentrate on applications of positive psychology that are more nuanced, culturally sensitive, and derived from a broader and more current range of topics. This training will provide numerous opportunities to coach, discuss, and engage in learning activities.

WHAT YOU RECEIVE

For Certified Coaches

- Masterclass in Positive Psychology Coaching Certificate
- International Coaching Federation (ICF) credit hours

For TSPP Alumni/Non-Coaches

- Masterclass in Positive Psychology Coaching Certificate

Certificates are jointly awarded by The School of Positive Psychology and Positive Acorn.

Upon completion of the training, participants will be able to:

1. Learn how to initiate, experiment with, and apply integrative positive psychology coaching approaches to accelerate personal and professional development
2. Enhance psychological wellbeing by integrating coaching practice with three evidence-based wellbeing frameworks
3. Use a taxonomy of 30 coaching strengths and personalised metaphors
4. Apply hope and agency diagnostics to assess clients' readiness in coaching and counselling
5. Work with complex coaching cases and apply paradoxical methods to increase self-efficacy, hope, and decision-making resources
6. Apply job crafting and values-based awareness to coaching
7. Unpack one's coaching approaches with cutting-edge positive psychology research and frameworks. (e.g. GENIE framework)
8. Use positive provocative skills in coaching (e.g., masterful interrupts, meaning formation, courage coaching, working with curiosity)
9. Infuse systems-informed positive psychology coaching perspectives with the third wave of positive psychology



GET TRAINED IN PERSON BY A **WORLD-LEADING AUTHORITY**



Dr. Robert Biswas-Diener is one of the world's leading experts in the study of happiness. He has published more than 70 academic papers on topics ranging from hospitality to leadership coaching. In addition to his research, he is author of *Positive Provocation* (2023), the New York Times best-selling *The Upside of Your Dark Side* (2015), and *Practicing Positive Psychology Coaching* (2010).

Robert has leveraged his expertise in culture, wellbeing, and strengths to innovate the field of positive psychology coaching. This form of coaching builds on the foundation of coaching skills and applies scientific theories and findings to promote wellbeing and positive outcomes, bridging the gap between science and practice. He is widely known for his ability as an educator. His training employs humor, storytelling, and state-of-the-art instructional design in order to facilitate effective learning and ensure participants can both retain and apply the knowledge they acquire.




GET IN TOUCH


For more information on this programme, contact us:


-  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)

Registration Form

Please sign me up for:

Positive Psychology Coaching Training, 3 Day Workshop (19-21 April 2024)

Regular fee: SGD 4,142.00 w/GST

Early-bird fee: SGD 3,934.90 w/GST

TSPP Alumni: SGD 3,934.90 w/GST

[Register by 15 Mar 2024]

Positive Psychology Coaching Training, 7 Day Masterclass (19-25 April 2024)

Regular fee: SGD 7,630.00 w/GST

Name: Dr / Mr / Ms _____

Email: _____

Mobile: _____

Address: _____

Signature: _____ Date: _____

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.

Payment will be made by:

PAYNOW:
UEN 200703523D

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

NETS

CREDIT CARD

Additional remarks: _____

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.

MEDIA DISCLAIMER

By registering for this programme, you agree that photography and videography taken during the workshop may be used at the discretion of The School of Positive Psychology for promotional materials on their website, social media channels, and other marketing materials. This may include photographs or video recordings of you or your likeness, which may be used in promotional materials without further notice or compensation. If you have any concerns about this policy, please inform The School of Positive Psychology directly before registering for this programme.

FEES

The School of Positive Psychology reserves the right to alter fees as appropriate.