

# Positive Psychology Coaching Workshop

Programme Guide



# Positive Psychology Coaching (PPC) Workshop

The Positive Psychology Coaching (PPC) workshop, accredited by the International Coaching Federation (ICF), provides an in-depth exploration of Positive Psychology Coaching, equipping participants with essential coaching competencies—cultivating presence, active listening, and asking powerful questions—while advancing beyond conventional topics like gratitude journals and strengths identification.

# Introduction

Coaching skills are no longer optional—they're essential life skills. Whether in leadership, relationships, or personal growth, mastering coaching empowers you to inspire others, navigate challenges, and drive meaningful change.

There are many good coaches, but few great ones. In this workshop, you will learn from one of the best, equipping yourself with the tools to empower others and create lasting impact.

The six-session training, held via Zoom, 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.

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 course is accredited by **International Coaching Federation (ICF)** and professional hours can be clocked towards ICF Continuing Coach Education (CCE) credits.



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## SESSION DATES

01	12 April 2025, Saturday
02	13 April 2025, Sunday
03	26 April 2025, Saturday
04	27 April 2025, Sunday
05	3 May 2025, Saturday
06	4 May 2025, Sunday

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## SESSION DETAILS

Time	9AM-1PM (SGT)
Platform	Zoom

# Topics Covered

Through a dynamic blend of theory, practice, and feedback, participants will engage in coaching exercises, discussions, and interactive learning activities to refine their skills and confidently apply positive psychology in real-world coaching contexts. Below is an overview of the topics covered:

Coaching Philosophy

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Positive Psychology Coaching Tools

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Strengths Approach to Coaching

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Solution-Focused Strategies

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Positive Provocations

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Developing Deep Awareness

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Understanding Emotions in Coaching

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Ethics and Beyond

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Narrative Coaching and Storytelling

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# Learning Outcomes

This workshop equips managers, teachers, team leaders, therapists, and professionals with essential coaching skills to enhance their work. Participants will explore evidence-based coaching frameworks and techniques drawn from the latest research in positive psychology. Experienced coaches will refine their practice by integrating advanced psychological tools and perspectives, challenging conventional coaching philosophies.

Upon completion, participants will be able to:

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- 01 Apply new coaching interventions in coaching sessions
  - 02 Critically analyse coaching practices, and discern between good and great coaching
  - 03 Deepen awareness and emotional understanding in coaching
  - 04 Learn how to challenge clients effectively
  - 05 Implement strengths-based strategies
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# Trainer

**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 the author of *Positive Provocation* (2023), the New York Times best-selling *The Upside of Your Dark Side* (2015), and *Practicing Positive Psychology Coaching* (2010).

Dr. Biswas-Diener 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 humour, 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.



## Qualifications

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Doctor of Philosophy in Psychology  
University of Tromsø

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Master of Science in Clinical Psychology  
Pacific University

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Bachelor of Arts in Liberal Arts  
The Evergreen State College

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Certified Mentor Coach (CMC)  
MentorCoach

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Professional Certified Coach (PCC)  
International Coach Federation (ICF)

# What Our Students Say

“

Robert's style of teaching is really good. He did an excellent job of sparking my interest in the course, keeping my focus on point, making me eager to listen, and being fully engaged. He was very clear at explaining things and helped me understand and enjoy the material.”

**Farida Brouwer**  
Founder and Consultant

“

This intensive training with Dr. Robert Biswas-Diener was very hands-on and stimulating. It guided me to flourish as a person and as a professional, and gave me a powerful sense of mission and inner transformation.”

**Ana Guimaro**  
Coach-in-training

“

It has been an amazing and interactive experience...because I could see the applicability in different realms of life, in various conversations and relationships I have, in my personal as well as my professional life.”

**Surana Mahima**  
Senior Manager



[Watch Full Video](#)

# Master Coaching, Maximise Impact

Elevate your coaching mastery even further in the 10-session **Positive Psychology Coaching Masterclass**, designed for coaches and professionals who want to go deeper, refine their expertise, and create truly transformative coaching experiences. This immersive programme builds on your existing skills, equipping you with advanced, research-backed methods that enhance psychological wellbeing, strengthen client agency, and elevate the impact of your coaching.

This masterclass provides a structured yet dynamic learning experience, where you will experiment with new interventions, analyse real-world coaching cases, and engage in high-level discussions with peers and our expert trainer. Through hands-on application and guided reflection, you will gain the confidence to tackle complex coaching challenges with nuance, precision, and a systems-informed perspective.

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08	18 May 2025, Sunday
09	24 May 2025, Saturday
10	25 May 2025, Sunday

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# Positive Psychology Coaching Masterclass

Take your coaching expertise to the next level with the masterclass. Move beyond foundational skills and immerse yourself in advanced methodologies that accelerate both personal and professional development.

In this masterclass, you will:

- Apply integrative positive psychology coaching approaches to foster lasting transformation
- Enhance psychological wellbeing using three evidence-based wellbeing frameworks
- Leverage a taxonomy of 30 coaching strengths and personalised metaphors
- Use hope and agency diagnostics to assess client readiness and guide interventions
- Navigate complex coaching cases with paradoxical methods to boost self-efficacy, hope and decision-making
- Integrate job crafting and values-based awareness to create meaningful coaching outcomes
- Unpack and refine your coaching approach using cutting-edge positive psychology research and frameworks such as GENIE
- Master positive provocative skills in coaching such as meaning formation, and courage coaching
- Infuse systems-informed positive psychology coaching perspectives with the latest research from the third wave of positive psychology

Expand your coaching toolkit with evidence-based interventions and cutting-edge techniques. If you're ready to go deeper, refine your practice, and make a greater impact—this masterclass is for you.

# Registration

	Positive Psychology Coaching Workshop	Positive Psychology Coaching Masterclass
<b>Mode of Delivery</b>	All sessions will be held on Zoom. Registered participants will receive a Zoom link before the training commences.	
<b>Certification Awarded</b>  Certificates are jointly awarded by The School of Positive Psychology and Positive Acorn	<p><b>Non-coaches</b> Certificate in Positive Psychology Interventions</p> <p><b>TSPP alumni</b> Certificate in Positive Psychology Coaching</p> <p><b>Certified coaches</b> Certificate in Positive Psychology Coaching, and ICF CCE credits</p>	<p><b>Non-coaches/TSPP alumni</b> Masterclass in Positive Psychology Coaching Certificate</p> <p><b>Certified coaches</b> Masterclass in Positive Psychology Coaching Certificate, and ICF CCE credits</p>
<b>Fee</b>  All fees are inclusive of GST	<p><b>S\$3,270.00</b></p> <p><b>Early-bird fee</b> (Register by 12 March 2025) <b>S\$2,779.50</b></p>	<b>S\$6,867.00</b>

**Terms & Conditions:** 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.

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.

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.

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

# 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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enquiry@positivepsych.edu.sg

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**Thrive together.**