

# Postgraduate Diploma in Positive Organisational Psychology and Leadership (PGDPOPL)

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.



# Postgraduate Diploma in Positive Organisational Psychology and Leadership (PGDPOPL)

The Postgraduate Diploma in Positive Organisational Psychology and Leadership (PGDPOPL) is designed to develop knowledgeable, skilled, and impactful professionals ready to transform workplaces and drive positive change. The programme integrates cutting-edge research in organisational psychology with leadership strategies, supported by industry professionals, comprehensive course materials, rich resources, and opportunities for practical application.

# Introduction

Lead thriving workplaces with our Postgraduate Diploma in Positive Organisational Psychology and Leadership. This unique programme empowers professionals to become skilled practitioners in positive psychology, a cutting-edge field offered by only a few universities worldwide.

Positive psychology shifts focus from problems to potential, exploring the factors that help individuals and organisations flourish. It emphasises wellbeing, collaboration, motivation, strengths, resilience, creativity, optimism, and the development of positive institutions. This approach aligns with emerging workplace trends, including hybrid work environments and prioritising mental health.

Blending scientific theory with practical application, this programme equips learners to apply positive psychology across organisational development, leadership, coaching, consulting, education, and societal impact. Participants will learn to contextualise frameworks and concepts, design relevant and targeted interventions, and measure their effectiveness. Collaborative projects and hands-on learning with global experts ensure cutting-edge insights and practical expertise.

Rooted in world-class research and benchmarked against leading international institutions, our curriculum offers a rich and immersive experience. At The School of Positive Psychology (TSPP), we foster a collaborative environment where students and professionals connect, share, and grow into wellbeing leaders who inspire lasting change. Graduates are equipped to lead transformative initiatives and drive sustainable workplace wellbeing.



|                  |                       |
|------------------|-----------------------|
| Duration         | 12 months (part-time) |
| Course Structure | 4 terms per year      |
| Intakes          | Jan, Apr, Jul, Oct    |



# Curriculum

The PGDPOPL programme comprises **9 modules** that aim to enhance learners' skills and competencies, enabling them to apply their knowledge to foster positive workplace environments, drive leadership excellence, and enhance employee wellbeing. Below is an overview of the programme's modules:

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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.

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02

GPSY 04  
Mindfulness  
Psychology

Mindfulness Psychology is a non-judgmental awareness of, curiosity about, and acceptance of one's present moment experience. It is becoming an increasingly popular **approach to holistic health, wellness, and thriving** for individuals and institutions. A growing body of scientific research suggests that cultivating mindfulness can robustly enhance cognitive, emotional, physical, spiritual, and social wellbeing.

In this workshop, you will equip yourself with both **theoretical and experiential understanding of mindfulness psychology**. Grounded in the assumption that effective mindfulness facilitation requires maintaining a personal mindfulness practice, this module emphasises **hands-on learning of mindfulness techniques**, explores common barriers to mindfulness and debunks the misconceptions of an effective mindfulness practice.

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03

GPSY 05  
Resilience Training  
for Practitioners

Resilience Training builds on research findings from four relevant fields of study which includes: Cognitive Behavioural Therapy; resilience; post-traumatic growth; and positive psychology. The module is organised around **SPARK** acronym, and teaches learners to break simple and complex situations into manageable components of **Situation, Perception, Affect, Reaction and Knowledge**. Originally developed by Dr. Ilona Boniwell and Dr. Lucy Ryan, this ground-breaking programme for developing resilience is currently employed by educational and people centric-organisations.

Learners will be introduced to a range of **resilience skills and models** that are applicable to support a non-clinical population to navigate challenges and stresses effectively. At the end of this professional workshop, the learner is certified to train others as a **'SPARK Resilience Workplace Trainer'**.

Part A (14 hours): The programme enables learners to challenge their interpretation of any life situation and consider other alternatives as they are being introduced to the **skills of assertiveness and problem solving**. Learners also **build their own 'resilience muscles'** through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

Part B (7 hours): Learners will interact with **resilience strategies** and **practical ways to apply resilience** in a selected setting.

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## 04

### GPSY 08 Positive Psychology in Practice

This module will offer learners a practical learning experience using **evidence-based Positive Psychology Interventions (PPIs)**. PPIs are intentional actions we can take to **improve wellbeing**, that have been tried and tested through scientific research.

In this module, learners will develop their understanding of what PPIs are, how to determine the appropriate PPI to use based on needs, and how to **design and deliver PPIs** to a chosen audience. Our students will develop the critical skills in understanding the use of PPIs for individuals, communities and organisations, and will consider the appropriateness of use, based on a range of factors such as context, culture, and life domains. Most importantly, learners will personally engage with the PPIs to truly embody the learning.

## 05

### GPSY 09 Strengths Development

This module explores the **science of strengths** as the foundation of positive psychology and a guide to understanding human highest potential. Learners will learn about classifications and measures of strengths and explore the **diverse strength-based approaches** for individuals, teams, and organisations. Learners will have an opportunity to apply science-based practices to activate their strengths, learn the 'golden mean' of strengths and explore how they can apply their unique strengths constellations across life domains.

## 06

### GPSY 10 Wellbeing for Individuals and Systems

In this module, learners will move to a macro-level perspective to learn about **positive psychology frameworks and systems level approaches** in an organisational setting. Learners will look at **Positive Psychology Interventions (PPIs)** that **elevate wellbeing and engagement** at a systems level. By developing a '**systems awareness**' and the unique needs of each system, individuals and teams can start to develop and integrate wellbeing programmes that support diversity, inclusion, and leverage on the collective strengths.

Learners will be equipped with **tools and techniques steeped in positive organisational psychology practices** to create a **prosocial workforce** that values the virtues of human relationships such as authenticity, connection, communication and inspires social change that could positively impact workplaces.

## 07

### PSY 19 Positive Social Connections

Humans are inherently social beings, with our **relationships** profoundly **shaping our emotional wellbeing** and overall **quality of life**. This module explores the science behind human connection, integrating insights from positive psychology, evolutionary psychology, and social neuroscience. Discover how the brain processes relationships, the effects of social bonds and loneliness, and the value of both close and fleeting interactions. Gain a deeper understanding of the role human connection plays in shaping individual experiences and collective wellbeing.



## 08

### PGDPSY 01 Positive Consultancy and Training

In this module, you will learn how to design, assess, and evaluate various Positive Psychological Interventions (PPI) that can be used to elicit behavioural change, and gain a sound understanding of when to deploy a specific intervention in the context of your training and consultancy work.

In the course of this module, the relationship between time, wellbeing and performance will be discussed and operationalised for organisational excellence vis-à-vis empirical research on the psychology of time, time perspective and subjective time use. It will further equip you with the skills to facilitate and sustain optimal performance in your training participants by helping them achieve work-life balance or time affluence.

Finally, the module will explore the interaction between our conscious and unconscious cognitive processes, including known barriers to implementing a successful change such as beliefs, mindset, low levels of self-regulation, and the complexity of the change process itself, and introduce participants to the theories and tools of attention-focusing, cognitive flexibility, and the concept of “nudge theory” in behavioural science.

## 09

### PGDPSY 14 Positive Social Psychology

In this module, we will explore how to design environments that foster stronger social connections and prosocial behaviours. Building on our understanding of human social nature, we will examine how our minds are highly sensitive to context and how seemingly small changes in our environment can have a significant impact on our behaviour.

By integrating insights from dual-process theory, behavioural science, and the psychology of trust and cooperation, we will explore how to create the right conditions for enhancing trust, reducing competition, and encouraging prosocial actions. The **Impact Catalyst Leadership Model** will be introduced as a guiding framework, helping learners understand how leaders can intentionally shape environments that activate purpose, inspire collaboration, and amplify collective impact.

This module will offer practical tools and strategies to design environments where our natural tendencies toward sociality and cooperation can thrive—empowering leaders to become catalysts for meaningful and sustainable change.

# Admissions

|                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Module Exemption</b>             | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Course Delivery</b>              | <ul style="list-style-type: none"><li>• Lectures and case studies discussions</li><li>• Class presentations</li><li>• Online discussions</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Entry Requirements</b>           | <ul style="list-style-type: none"><li>• A Bachelor's Degree in Psychology, or</li><li>• A Bachelor's Degree in any discipline and working experience in:<ul style="list-style-type: none"><li>- a supervisory or leadership role, or</li><li>- a Human Resource, Learning and Development or Organisational Development position, or</li><li>- Healthcare, Allied Health, or Education industry</li></ul></li><li>• Graduate Diploma in Applied Positive Psychology or Graduate Diploma in Applied Positive Psychology and Wellbeing from TSPP</li></ul>                                                                                                                                                                          |
| <b>English Language Proficiency</b> | <ul style="list-style-type: none"><li>• GCE 'O' Level English (Grade C6 and above), or</li><li>• Any GCE 'A' Level subject conducted in English (Grade E and above), or</li><li>• English language proficiency via one of the following:<ul style="list-style-type: none"><li>• IELTS 6.0 (no component &lt; 6.0)</li><li>• TOEFL iBT 74 (no component &lt; 18)</li><li>• Pearson PTE Academic 52 (no component &lt; 52)</li><li>• C1 Advanced/C2 Proficiency 169 (no component &lt; 169)</li><li>• ISLPR: Minimum 3 in each skill</li><li>• AEAP DEP: Final Exam Overall 65% (no sub-score &lt; 65%), or</li></ul></li><li>• Completion of a course delivered in English or relevant English-speaking work experience.</li></ul> |
| <b>Registration Fee</b>             | S\$163.50 w/GST                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Tuition Fee</b>                  | S\$21,255.00 w/GST                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Application Requirements</b>     | <ul style="list-style-type: none"><li>• Application form</li><li>• Application statement</li><li>• 1 recent passport-sized photo</li><li>• NRIC/Valid SG pass copy</li><li>• Updated resume</li><li>• Educational certificates and academic transcripts</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

# 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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Thrive together.