



Positive Psychology Coaching Fundamentals

COURSE OVERVIEW

The course in Positive Psychology Coaching Fundamentals teaches the essential principles and techniques of positive psychology coaching as well as the CHANGE model for structuring productive coaching engagements. Students engage with the course material through a combination of lectures, demonstrations, readings, personal reflection, and peer coaching practice sessions.

CHANGE MODEL OF POSITIVE PSYCHOLOGY COACHING



CERTIFICATE OF COMPLETION

All students who complete this course will earn a personalized Certificate of Completion.

PROGRESS TOWARD CERTIFICATION AS A POSITIVE PSYCHOLOGY COACH

This course is one of the five courses required to earn Wholebeing Institute Certification as a Positive Psychology Coach. The other courses are: Positive Psychology Coaching Skills Intensive, Building a Thriving Coaching Practice, Introduction to Wholebeing Happiness, and Positive Psychology Coaching Mentorship.

Students who wish to earn credit toward certification need to join all live webinars or watch recordings, participate in weekly peer coaching, and submit brief notes on key course concepts to the instructor at the completion of the course.

INTERNATIONAL COACHING FEDERATION CCE CREDITS

Students have the option to earn ICF CCE credits for completing the course. Students who wish to earn ICF CCE credits need to join all live webinars or watch recordings, participate in weekly peer coaching, and submit brief notes on key course concepts to the instructor at the completion of the course.

ASSIGNMENTS

All students:

- Relatively brief weekly reading assignments
- Weekly journal prompts
- Optional weekly peer coaching

Students pursuing Positive Psychology Coaching Certification and/or ICF CCE credits:

- Above plus weekly key concept notes and required weekly peer coaching

SCHEDULE AND TIME COMMITMENT

Live classes are held from 12:00 – 1:30 pm Eastern Time. Most students put in a total of about four hours per week, plus an extra hour for those earning ICF CCE credits.

TECHNOLOGY

Class sessions are held live via webinar. Recordings are posted following each session for students who are unable to join live or who would like to review the material again.

PEER COACHING SESSIONS

Students who choose to participate in peer coaching sessions will meet by phone weekly in pairs for one hour to practice the techniques demonstrated in class.

BOOK LIST

Lyubomirsky, Sonja. *The How of Happiness: A New Approach to Getting the Life You Want*. New York: Penguin, 2008.

Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Random House, 2006.

Neff, Kristin. *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. New York: William Morrow, 2011.

Szabó, Peter, Daniel Meier, and Kirsten Dierolf. *Coaching Plain & Simple: Solution-Focused Brief Coaching Essentials*. New York: W.W. Norton &, 2009.

CLASS 1: Introduction and Empathic Listening

- Introduction to positive psychology coaching
- The CHANGE model of positive psychology coaching
- Fundamental positive psychology coaching skill: Empathic listening

Pre-class video: Introduction to positive psychology (in the online classroom)

CLASS 2: Structuring Sessions and Engaging Client Stories

- Structuring effective coaching sessions
- Coaching for narrative coherence
- Fundamental positive psychology coaching skill: Engaging client stories

Pre-class reading: *The How of Happiness*, chapters 1 – 2

CLASS 3: Coaching Questions and Appreciative Inquiry

- The importance of questions in coaching
- Figuring out what to ask
- Fundamental positive psychology coaching skill: Appreciative Inquiry

Pre-class reading: *The How of Happiness*, chapter 10

CLASS 4: Solutions Focused Coaching

- The benefits of solutions focus
- Helping clients to expand beyond a problem focus
- Fundamental positive psychology coaching skill: Solutions Focused Coaching

Pre-class reading: *Coaching Plain & Simple*, chapters 1 – 4

CLASS 5: Clarify

- Coaching clients to create clear, heartfelt, forward-looking goals for positive change
- The SPIRE model of wholebeing
- Fundamental positive psychology coaching skill: Creating coaching goals

Pre-class reading: *Coaching Plain & Simple*, chapters 5 – 7

CLASS 6: Hope

- Coaching clients to explore strengths and resources to fuel optimism that change is possible
- Interrupting rumination and cultivating optimism
- Fundamental positive psychology coaching skill: Identifying and moving beyond dominant stories

Pre-class reading: *The How of Happiness*, chapter 4

CLASS 7: Activate

- Coaching clients to activate the change process with immediate positive action
- Coaching for self compassion
- Fundamental positive psychology coaching skill: action planning

Pre-class reading: *Self-Compassion*, chapters 1 – 3

CLASS 8: Navigate

- Coaching clients to create an adaptable, big-picture map of the path to goal achievement
- The benefits of committed goal pursuit
- Fundamental positive psychology coaching skill: creating goal maps

Pre-class reading: *Self-Compassion*, chapters 6 – 8

CLASS 9: Go for It

- Coaching clients to make rapid, substantial, sustainable progress toward goals
- Bringing a growth mindset to coaching
- Fundamental positive psychology coaching skill: coaching for goal achievement

Pre-class reading: *Mindset*, chapters 1 – 3

CLASS 10: Expand

- Coaching clients to broaden the impact by expanding the scope of positive change
- Building a positive psychology coaching practice
- Celebrating your achievement!

Pre-class reading: *Mindset*, chapters 4 – 6