

## **PLC505e Positive Psychology in Coaching**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

**E-Learning:** BLENDED - Learning is done MAINLY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. This is supplemented with SOME face-to-face sessions. If the course has an exam component, this will be administered on-campus.

### **Synopsis:**

PLC505e Positive Psychology in Coaching is based on positive psychology, which is the scientific study of the psychological factors that enable individuals, organisations and communities to flourish and thrive. There is considerable interest worldwide in positive psychology and its application in work, professional and personal settings. With more countries moving towards defining success beyond economic growth and shifting emphasis to mental well-being, it is an opportune time to expand the conventional understanding of success. This module guides students through the background of positive psychology and coaching and provides an understanding of their key theoretical constructs. It further addresses the core methods used in positive psychology and supports the application of its techniques in a wide range of settings, including life-coaching. Students will get the opportunity to study theories about cognitive patterns and behaviours that facilitate human well-being, and practical applications on how to make the lives of their clients and themselves more fulfilling.

### **Topics:**

- Introduction to Positive Psychology
- Positive Psychology in Life-coaching
- Subjective and Psychological Well-being
- Meaning, Purpose and Well-being in Life-coaching
- Developing Positive Relationships through Life-coaching
- Instilling Hope through Life-coaching
- Fostering Optimism through Life-coaching
- Experiencing Flow in Life-coaching
- Happiness
- Gratitude
- Strengths-based Approaches in Life-coaching
- Positive Experiential Activities in Life-coaching

### **Textbooks:**

: Positive Psychology: The Science of Happiness and Flourishing (eText) 3rdEdition. Sage Sage  
ISBN-13: 9781544322919

**Learning Outcome:**

- Discuss the theories of well-being.
- Formulate what constitutes well-being based on empirical evidence.
- Evaluate the conditions that undermine and enhance well-being.
- Appraise the utility of hope and optimism in positive coaching.
- Examine the research on positive psychology and coaching
- Critique positive psychology in coaching
- Evaluate positive psychology techniques for life-coaching.
- Choose appropriate strength-based approaches for different clients
- Design ways to incorporate flow into daily practice
- Plan positive relationships in given coaching scenarios.

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-CLASS QUIZ 1	7
	PRE-CLASS QUIZ 2	8
	TUTOR-MARKED ASSIGNMENT 1	35
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>