

# PLC505 Positive Psychology in Coaching

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## 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

Pearson, M. and Wilson, H.: Using Expressive Arts to Work with Mind, Body and Emotions (e-text)  
Jessica Kingsley Publications  
ISBN-13: 9780857001894

**Learning Outcome:**

- Appraise the role of the expressive arts in pre-verbal communication, human development and positive psychology.
- Compare and contrast the use of different expressive arts modalities in their practice.
- Evaluate own creative process in relation to coaching and training.
- Formulate and defend the use of expressive arts in own coaching practice.
- Propose some creative skills to facilitate conversations using positive psychology approaches.
- Critique an expressive arts approach for a work context.

**Assessment Strategies - Regular Semester (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>

\*The information listed is subject to review and change.