

PSY512 Life Career Development, Leadership and Coaching

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

PSY512 Life Career Development, Leadership and Coaching introduces students to coaching in the workplace and how it is applied to careers, leadership and performance. The module will begin with an understanding of the foundational principles of coaching and coaching skills and build upon it with applied research from various fields of psychology that are useful when applied to the coaching paradigm. A framework for understanding how people navigate and negotiate work and non-work roles and implementing behaviour change for life and career development will also be introduced.

Topics:

- Foundations of coaching
- Executive coaching
- Career coaching
- Coaching skills
- Designing a coaching programme
- Coaching evaluation
- Future Selves
- Career
- Life development
- Implementing behaviour change
- Coaching and ethics
- Advanced coaching topics

Textbooks:

: The Complete Handbook of Coaching (eText) SAGE Publications Ltd
ISBN-13: 9781526453112

Learning Outcome:

- Evaluate theories and models of career development and management
- Compare and contrast the different applications of coaching including career coaching and executive coaching
- Critically examine and apply psychological research and psychological frameworks to coaching
- Design a coaching programme based on organisational and individual needs
- Evaluate the effectiveness of a coaching programme
- Apply career planning techniques and coaching to facilitate career development

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	20
	GROUP BASED ASSIGNMENT 1	20
	PARTICIPATION 1	20
Overall Examinable Components	ECA	40
Total		100