

COURSE
CATALOG
2024-2025



POSITIVE
ACORN

COURSE CATALOG

2024-2025



COACHING SKILLS

Instructor: Dr. Robert Biswas-Diener

We developed our foundational coaching skills program to combine cutting-edge teaching practices with scientific literacy, ethical thinking, and best practices in coaching. This course introduces the coaching relationship and provides an experiential learning environment to understand the profession and develop skills. Rather than focusing solely on completing a certificate, we train for mastery. We want our graduates to be thoughtful, responsible, and effective coaches.

This 10-week course includes an orientation session and 6 class meetings. It requires additional time for reading and engaging with the pre-recorded lecture. Many live class sessions include time for skills practice in breakout rooms. The course includes highly recommended but optional practicum sessions.

Learning Objectives:

- Sophisticated facilitation skills
- How to ask deep questions
- Tools for creating trust and safety for clients
- How to fast-forward positive client change
- An ethical approach to coaching

Learning Tools:

- “Flipped classroom” so that we rarely use class meetings for lecture
- Orientation to empirically-validated learning
- Practicum sessions for deeper learning and practice (Optional)
- Coaching demonstrations
- Case studies
- Recordings of real coaching sessions
- Supporting readings
- Partner practice





Session One:

Orientation to the Course and Program

Session Two:

The Bookends of coaching: Agenda and Accountability
Introduction to the ICF Core Competencies

Session Three:

Creating Client Awareness
Developing Coaching Presence

Session Four:

Asking Powerful Questions
Working with Metaphor

Session Five:

The Psychology of Goals and Motivation
Values Clarification

Session Six:

The Stages of Change
Solutions Focus Coaching

Session Seven:

Using In-Session Activities
Hope Diagnosis

Duration

Coaching Skills runs from September 20-
November 30, 2024.

There are two choices of class times.

Participants can attend either session:

- Friday from 5 pm-8 pm Pacific
- Saturday from 9 am-12 pm Pacific.

Class dates:

- September 20* or September 21*
- September 27 or September 28
- October 4 or October 5
- October 11 or October 12
- November 1 or November 2
- November 8 or November 9
- November 15 or November 16

*The first session is an orientation

There are two choices of practicum times.

Participants can attend either session.

- Wednesday from 9 am-10:30 am Pacific
- Wednesday from 3 pm-4:30 pm Pacific.

Practicum dates:

- October 2
- October 9
- October 16
- November 6
- November 13

Coaching Skills is 37.5 credits.

Price: \$2300

**\$150 discount if registering for
ICF Level 1 Package**





APPLIED POSITIVE PSYCHOLOGY

Instructor: Dr. Robert Biswas-Diener

The science of positive psychology is our sweet spot. Positive psychology is an empirical approach to understanding what goes right, rather than what goes wrong, with people. Topics in this science include well-being, optimism, resilience, courage, flow, and many others. We leverage our expert knowledge in this field to introduce practical skills that are nuanced and effective. This 10-week course includes 6 class meetings and requires additional time for reading and engaging with the pre-recorded lecture. The course includes a highly recommended but optional practicum.

Learning Objectives:

- Spot strengths in clients
- Debrief the Strengths Profile assessment
- List three ways to develop client strengths
- Use curiosity as a problem-solving tool
- Articulate a definition of happiness

Learning Tools:

- “Flipped classroom” so that we rarely use class meetings for lecture
- Practicum sessions for deeper learning and practice (optional)
- Coaching demonstrations
- Case studies
- Recordings of real coaching sessions
- Supporting readings
- Partner practice





Session One:

Introduction to the Science of Positive Psychology
Strengths Spotting

Session Two:

Strengths Development
The Strengths Profile Assessment

Session Three:

The Positive Self
Positive Work

Session Four:

The Science of Happiness
Increasing Courage

Session Five:

Solutions Focus Coaching
Emotion in Coaching

Session Six:

Curiosity and Interest as Problem-solving tools
Savoring

Duration

Applied Positive Psychology runs from
January 24-March 29, 2025.

There are two choices of class times.

Participants can attend either session:

- Friday from 5 pm-8 pm Pacific
- Saturday from 9 am-12 pm Pacific.

Class dates:

January 24 or January 25
January 31 or February 1
February 7 or February 8
February 28 or March 1
March 7 or March 8
March 14 or March 15

There are two choices of practicum times.

Participants can attend either session.

- Wednesday from 9 am-10:30 am Pacific
- Wednesday from 3 pm-4:30 pm Pacific.

Practicum dates:

January 29
February 5
March 5
March 12

Applied Positive Psychology is 37.5 credits.

Price: \$2300

**\$150 discount if registering for
ICF Level 1 Package**





GROUP MENTOR COACHING

**Instructor: Dr. Christian van Nieuwerburgh or
Instructor: Dr. Robert Biswas-Diener**

Participants will accelerate their professional development by learning the skills of reflective practice. This practice is more than just noticing what goes wrong in coaching and trying to fix weaknesses. Rather than focusing on “getting it right,” we emphasize the development of personal style, identifying moments of critical choice within each session, and engaging in ongoing improvement. Mentor Coaching occurs in a safe and supportive environment, and past participants describe it as “empowering.”

Course Details:

This course provides 8 hours of group mentoring. Groups are limited to 8 members to ensure that each person receives individualized attention. This course fulfills seven of the ten hours of mentor coaching required for credentialing. It does not include three hours of individual mentoring needed for credentialing. Mentor Coaching is offered in four sections. This course is only available to those enrolled in the ICF Level 1 package.

Section A

**Christian van Nieuwerburgh
Class Time: 5-7:00 PM GMT**

Session 1: November 22, 2024
Session 2: December 6, 2024
Session 3: February 21, 2025
Session 4: March 21, 2025

Section C

**Robert Biswas-Diener
Class Time: 5-7:00 PM Pacific**

Session 1: November 22, 2024
Session 2: December 6, 2024
Session 3: February 21, 2025
Session 4: March 21, 2025

Section B

**Christian van Nieuwerburgh
Class Time: 5-7:00 PM GMT**

Session 1: November 23, 2024
Session 2: December 7, 2024
Session 3: February 22, 2025
Session 4: March 22, 2025

Section D

**Robert Biswas-Diener
Class Time: 9-11:00 AM
Pacific**

Session 1: November 23, 2024
Session 2: December 7, 2024
Session 3: February 22, 2025
Session 4: March 22, 2025



ADVANCED PRACTICE IN POSITIVE PSYCHOLOGY COACHING

Instructors: Dr. Robert Biswas-Diener & Dr. Christian van Nieuwerburgh

This 6-week course allows experienced coaches and positive psychology practitioners to deepen their knowledge and expand their skills in positive psychology coaching. It will provide a range of pedagogic tools—seminar, demonstration, reflection, and fishbowl coaching experiences—to promote sophisticated conversations about the practice of positive psychology coaching. This course is intended to deepen each participant’s sophistication in applying positive psychological theory and research to their coaching practice. Although we will focus on positive psychology as a lens for coaching, we will also attend to core skills in coaching, such as ethical decision-making and coaching presence.

Who this course is for:

This course is not intended to teach basic coaching skills or to provide an introduction to positive psychology. Instead, it is an advanced practicum for experienced coaches who have completed coach training and have a cursory knowledge of positive psychological science. This course is limited to 6 participants, and qualified applicants will be accepted on a first-come-first-served basis. If you have questions about your qualifications for this course, please do not hesitate to ask.

Duration

This Course runs September 10 -
October 17, 2024

Class times are Tuesdays and
Thursdays from 9-10:30 am
Pacific

**Advanced Practice in Positive
Psychology Coaching is 18
credits**

