

COURSE  
CATALOG  
2026-2027



# POSITIVE ACORN

COURSE CATALOG  
2026-2027



# 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 13-week course includes an orientation session and 23 class meetings. It requires additional time to read and engage with the pre-recorded lecture. Most live class sessions include time for skills practice in breakout rooms.

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
- Breakout practice sessions
- Coaching demonstrations
- Case studies
- Recordings of real coaching sessions
- Supporting readings
- Partner practice



**Week One:**

Introduction to Coaching

**Week Two:**

Creating Client Awareness

**Week Three:**

Developing Coaching Presence

**Week Four:**

Asking Powerful Questions

**Week Five:**

Introduction to Ethics and Core Competencies

**Week Six:**

Values Clarification

**Week Seven:**

Visible Learning Week: Self-paced study

**Week Eight:**

The Psychology of Goals and Motivation

**Week Nine:**

Working with Metaphor

**Week Ten:**

The Stages of Change

**Week Eleven:**

Solutions Focus

**Week Twelve:**

Using In-Session Activities

**Week Thirteen:**

Hope Diagnosis

**Bonus Materials:**

Visible Learning Review: Self Paced Study

**Duration**

Coaching Skills runs from September 15-December 10, 2026.

**There are two choices of class times.****Participants can attend either session:**

- Tuesdays and Thursdays
- 9-10:30 am Pacific
- 5-6:30 pm Pacific

**Visible Learning Week- no live session****Self-paced study**

October 26-30, 2026

**No Class:**

November 26, 2026

**Coaching Skills is 54 credits.****Price: \$4600**

**\$300 discount if registering for  
ICF Level 1 Course 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 Positive Psychology to introduce nuanced and effective practical skills. This six-week course includes 12 class meetings and requires additional time for reading and engaging with the pre-recorded lecture.

## 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
- Coaching demonstrations
- Case studies
- Recordings of real coaching sessions
- Supporting readings
- Partner practice



**Session One:**

Introduction to the Science of Positive Psychology

**Session Two:**

Strengths Spotting, Ethics, and Microculture

**Session Three:**

Strengths Development

**Session Four:**

The Strengths Profile Assessment

**Session Five:**

The Positive Self

**Session Six:**

Positive Work

**Session Seven:**

The Science of Happiness

**Session Eight:**

Increasing Courage

**Session Nine:**

Solutions Focus Coaching

**Session Ten:**

Emotion in Coaching

**Session Eleven:**

Curiosity and Interest as Problem-Solving Tools

**Session Twelve:**

Savoring

**Duration**

Applied Positive Psychology runs from  
February 23 to April 8, 2027.

**There are two choices of class times.**

**Participants can attend either session:**

- Tuesdays and Thursdays
- 9-10:30 am Pacific
- 5-6:30 pm Pacific

**Visible Learning Week:**

March 15-19, 2027

**Optional Practice Sessions:**

March 5, 12:00-1:30 pm Pacific  
April 2, 12:00-1:30 pm Pacific

**Time Change:**

March 14, 2027 - Daylight Saving in the US  
begins, clocks move forward one hour in the  
USA

**Applied Positive Psychology is 36 credits.**

**Price: \$2300**

**Free 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. Past participants describe it as “empowering.”

## **Course Details:**

This course provides 7 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 full Level 1 certificate.

Priority registration is given to those enrolled in the ICF Level 1 package.

Level 1 package price: \$5,300

Ala cart Group Mentoring price \$1,000

**Session One:** Change

**Session Two:** Knowledge

**Session Three:** Use of Self

**Session Four:** Beginnings and Endings





**Section A**

**Christian van Nieuwerburgh**

**Tuesday**

**Class Time: 9-11:00 AM Pacific**

Session 1: January 12, 2027  
Session 2: January 19, 2027  
Session 3: January 26, 2027  
Session 4: February 2, 2027

**Section B**

**Robert Biswas-Diener**

**Thursday**

**Class Time: 5-7:00 PM Pacific**

Session 1: January 14, 2027  
Session 2: January 21, 2027  
Session 3: January 28, 2027  
Session 4: February 4, 2027

**Section C**

**Christian van Nieuwerburgh**

**Monday**

**Class Time: 9-11:00 AM Pacific**

Session 1: January 11, 2027  
Session 2: January 18, 2027  
Session 3: January 25, 2027  
Session 4: February 1, 2027

**Section D**

**Robert Biswas-Diener**

**Wednesday**

**Class Time: 5-7:00 PM Pacific**

Session 1: January 13, 2027  
Session 2: January 20, 2027  
Session 3: January 27, 2027  
Session 4: February 3, 2027