

COURSE
CATALOG
2025-2026



POSITIVE ACORN

COURSE CATALOG
2025-2026



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 14-week course includes an orientation session and 24 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:

Working with Metaphor

Week Seven:

Visible Learning Week: Self-paced study

Week Eight:

The Psychology of Goals and Motivation

Week Nine:

Values Clarification

Week Ten:

The Stages of Change

Week Eleven:

Solutions Focus

Week Twelve:

Using In-Session Activities

Week Thirteen:

Hope Diagnosis

Week Fourteen:

Visible Learning Week: Self-paced study

Duration

Coaching Skills runs from September 9-December 11, 2025.

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 Learn Weeks- no live session**Self-paced study**

October 20-24

December 15-19

Course Break:

November 24-28

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 17 to March 26, 2026.

Class Times:

Tuesdays and Thursdays from 9-10:30 am
Pacific

Course Meeting Dates:

February 17, 19, 24, 26
March 3, 5, 10, 12, 17, 19, 24, 26

Time Change:

March 8, 2026 - Daylight Saving in the US
begins, clocks move forward one hour in the
USA

Applied Positive Psychology is 37.5 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. Mentor Coaching is offered in four sections.

Registration for each section opens after the previous section has been filled. 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 13, 2026
Session 2: January 20, 2026
Session 3: January 27, 2026
Session 4: February 3, 2026

Section B

Robert Biswas-Diener

Thursday

Class Time: 5-7:00 PM Pacific

Session 1: January 15, 2026
Session 2: January 22, 2026
Session 3: January 29, 2026
Session 4: February 5, 2026

Section C

Christian van Nieuwerburgh

Monday

Class Time: 9-11:00 AM Pacific

Session 1: January 12, 2026
Session 2: January 19, 2026
Session 3: January 26, 2026
Session 4: February 2, 2026

Section D

Robert Biswas-Diener

Wednesday

Class Time: 5-7:00 PM Pacific

Session 1: January 14, 2026
Session 2: January 21, 2026
Session 3: January 28, 2026
Session 4: February 4, 2026



ADVANCED PRACTICE IN POSITIVE PSYCHOLOGY COACHING

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

This 6-week course is an opportunity for 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 own coaching practice. Although we will focus on positive psychology as a lens for coaching, we will also attend to core skills in coaching such 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 those who are experienced coaches, have completed coach training, and who already 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 February 23 – April 1, 2026

Class times are Mondays and Wednesdays 9-10:30am Pacific

Participants receive 21.5 Core Competency Credits





RADICAL LISTENING FOR COACHES

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

Whether it is natural or learned, coaches tend to be good listeners. This course builds on your experience as a professional listener by providing new frameworks and skills to enhance your listening. And, ultimately, your coaching effectiveness.

This four-session course introduces learners to the Radical Listening framework, which emphasizes the shifting reasons for listening, the most common obstacles to listening, and the six core skills of listening.

Whether you are brand-new to coaching or have more than a decade's experience, this course will connect you with the listening process in fresh ways.

Learning Objectives:

- Understand your natural listening habits
- Identify and use skills beyond traditional “active listening”
- Increase understanding of the motives for and benefits of listening
- Understand research on the psychology of listening
- Appreciate cultural differences in listening

Duration

This Course runs
June 9 – June 25, 2025

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

**Participants receive 6 Resource
Development Credits**

