



Advanced Practice in Positive Psychology Coaching

This course will deepen each participant's sophistication in applying positive psychological theory and research to their coaching practice. Although we focus on positive psychology as a lens for coaching, we also attend to core coaching skills, such as ethical decision-making and coaching presence.

Lessons:

Lessons are unlocked weekly so you can focus on the material for the upcoming class. There is a chart with lesson dates at the bottom of this syllabus.

Typically, lessons may include:

- Handouts
- Optional readings
- Recordings of each session are posted in the follow-up for each lesson.

Attending class:

We use Zoom for our class meetings. Our Zoom meeting can be found in this syllabus. Please plan to arrive early enough to adjust your audio settings and ensure your technology is working properly. Class begins promptly.

Class sessions are held on Tuesdays and Thursdays between October 10- November 16, 2023

Class meeting times are 9-10:30 am Pacific time

*Please note that on November 5th, Pacific time moves back by one hour.

[Time Converter Link](#)

Professional Ethical Behavior:

Because our classes depend on self-disclosure and participation, we require a confidential and supportive learning environment. Please refer to your enrollment agreement for more information.

Course Requirements:

Each student will be expected to participate in class sessions and complete homework before class. Students are required to attend 70% of all class sessions in person. If you miss a class or wish to listen to a previous class, they will be available in this live session resource course the following day. These are not intended to be regular substitutions for attendance.

We also understand that some people find value in reviewing these recordings after the course has ended. The recordings and materials will be available until April 1, 2024.

Lesson and Topic	Complete by	Unlock Date
Introductions and Strengths	October 10, 2023	September 26, 2023
Wellbeing Frameworks	October 17, 2023	October 10, 2023
Coaching Presence	October 24, 2023	October 17, 2023
Meaning and Purpose	October 31, 2023	October 24, 2023
Ethics	November 7, 2023	October 31, 2023
Future Thinking and Optimism	November 14, 2023	November 7, 2023