



POSITIVE
ACORN

COURSE CATALOG

2023-2024



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 aimed at understanding the profession and developing 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 the Tree-of-Life Activity
Hope Diagnosis

Duration

Coaching Skills runs from September 22-
December 2, 2023.

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 22* or September 23*
- September 29 or September 30
- October 6 or October 7
- October 13 or October 14
- November 3 or November 4
- November 10 or November 11
- November 17 or November 18

*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 4
- October 11
- October 18
- November 8
- November 15
- November 22

Coaching Skills is 37.5 credits.

Price: \$2300

**\$150 discount if also registering for
Applied Positive Psychology**





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 3 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 26-March 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:

January 26 or January 27
February 2 or February 3
February 9 or February 10
March 1 or March 2
March 8 or March 9
March 5 or March 16

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 31
February 7
February 14
March 6
March 13
March 20

Applied Positive Psychology is 37.5 credits.

Price: \$2300

**\$150 discount if also registering for
Coaching Skills**





MENTOR COACHING

Instructor: Dr. Christian van Nieuwerburgh

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 and 3 hours of individual mentoring. Groups are limited to 8 members to ensure that each person receives individualized attention.

This course fulfills the ICF mentor coach requirement for credentialing.

Mentor Coaching is offered in two time slots to be convenient for people living all around the world.

Course Schedule

Class Time: 8-10:00 AM GMT

Session 1: October 21, 2023
Session 2: October 28, 2023
Session 3: December 2, 2023
Session 4: February 24, 2024
Session 5: March 30, 2024

Three individual mentoring sessions will be scheduled at a mutually agreed upon time.

Price: \$1550

Course Schedule

Class Time: 5-7:00 PM GMT

Session 1: October 21, 2023
Session 2: October 28, 2023
Session 3: December 2, 2023
Session 4: February 24, 2024
Session 5: March 30, 2024

Three individual mentoring sessions will be scheduled at a mutually agreed upon time.

Price: \$1550





MENTOR COACHING

Instructor: Dr. Robert Biswas-Diener

This course is intended to support people in improving both their coaching practice and overall professionalism. Each session will include a discussion component in which the group addresses ICF core competencies as well as topics such as self-care, preparing for sessions, and coaching ethics. We will also use a coaching fishbowl format so that we can apply these concepts to actual coaching situations. These short fishbowl experiences will give each participant the opportunity for personalized feedback as well as help to hone their observational skills. This course is will promote a safe and supportive environment that past participants describe as “empowering.”

Course Details:

This course provides 8 hours of group mentoring and 3 hours of individual mentoring.

Groups are limited to 6 members to ensure that each person receives individualized attention.

Course Schedule

Class Time: 9-11:00 AM PST

Session 1: May 1, 2024

Session 2: May 8, 2024

Session 3: May 15, 2024

Session 4: May 22, 2024

Three individual mentoring sessions will be scheduled at a mutually agreed upon time.

Price: \$1550





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 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 those who are experienced coaches, have completed coach training, and 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

Oct. 10- Nov. 16, 2023

Class Times:

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

Duration

April 30- June 6, 2024

Class Times:

Tuesdays and Thursdays from 9-10:30 am Pacific

Participants receive 7 hours of Group Mentor Coaching and 11 coach training credits, or 18 course credits

Price: \$950





COACHING WELLBEING

Instructor: Dr. Robert Biswas-Diener

Wellbeing is an important lens through which to evaluate coaching. The better a coach understands wellbeing, the better able they can ask great questions about the topic. This course introduces wellbeing, broadly defined. We focus on happiness, health, stress, mindset, and willpower. In each case, we spend time reviewing the latest science and reviewing practical applications to coaching.

Learning Objectives:

- List 3 frameworks for understanding wellbeing
- Understand distinct pathways linking health to happiness
- Use mindset research as a frame for asking coaching questions
- Distinguish between different approaches to understanding willpower
- Explain the components of positive diagnosis

Session One:

Approaches to Wellbeing
Health and Happiness Connection
and Positive Psychological Interventions

Session Two:

Placebo, Belief, and Mindset
The New Science of Stress

Session Three:

Willpower
Positive diagnosis

Duration

Coaching Wellbeing runs May 4 – May 18, 2024.

Class Times

Class times are from Saturdays from 9 am to 12 pm.

Class Dates

Session 1: May 4, 2024
Session 2: May 11, 2024
Session 3: May 18, 2024

Coaching Wellbeing is 10 credits.

Price: \$760

