



Applied Positive Psychology 2024

Welcome to Applied Positive Psychology. In this course, you will join an international cohort to learn the many ways that positive psychology can inform coaching. This course is intended to introduce the science of positive psychology to those new to it and to stretch and extend the knowledge of those already familiar with it. We will cover a variety of frameworks, research results, interventions, assessments, and tools related to positive psychology, but we will tailor them to be appropriate for coaching. We look forward to being with you on this journey!

You have access to this course and the associated materials until December 15, 2024.

Course Learning Objectives:

Students will be able to:

- Spot strengths in their 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

Lessons:

Each class meeting has two lessons to be completed before the meeting. These 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 include:

- A pre-recorded lecture (a required lesson that introduces the main themes or skills)
- A practice guide (with suggestions for practicing the relevant skills)
- Handouts (additional materials to support your learning)
- Readings (some readings are required, and some of the readings are optional)
- Recordings of each session and any follow-up notes will be posted after the class session

Attending class:

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

Class sessions are held at two different times. You may attend either session. [Time Converter Link](#)

Fridays, 5 pm-8 pm, Pacific

Saturdays, 9 am- 12 pm, Pacific

Class sessions are as follows:

- **January 26 or 27, 2024**
- **February 2 or 3, 2024**
- **February 9 or 10, 2024**
- **March 1 or 2, 2024**
- **March 8 or 9, 2024**
- **March 15 or 16, 2024**
- **April 5 or 6, 2024 (Optional 1.5-hour wrap-up session)**

Practicum:

Some weeks, there are optional practicum sessions (held twice-- Wednesday morning and Wednesday afternoon US Pacific time) to make it convenient for those living in all time zones. This practicum is intended to be an opportunity to deepen practice for those who are available to attend. This is not required, although it is highly encouraged. Practicum sessions are not recorded. You can join the practicum sessions through the meeting link.

Practicum sessions are held at two different times. You may attend either session.

[Time Converter Link](#)

Wednesdays, 9 am-10:30 am, Pacific

Wednesdays, 3 pm-4:30 pm, Pacific

Practicum session dates are as follows:

- **January 31, 2024**
- **February 7, 2024**
- **February 14, 2024**
- **March 6, 2024**
- **March 13, 2024**
- **March 20, 2024**

Professional Ethical Behavior:

Because our classes depend on self-disclosure and participation, we require a confidential and supportive learning environment.

Course Requirements:

Students are expected to participate in class sessions and complete homework before class. Students are expected to attend 70% of all class sessions in person. Class sessions are recorded for review if you miss a class or wish to listen to a previous class. 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. You have access to this course and the associated materials until December 15, 2024.

Reading:

To be a positive psychology coach, you must continue reading primary sources, such as journal articles. We have also hosted readings within some lessons. I also recommend my practical (as opposed to my other, more theoretical) book on the topic:

Practicing Positive Psychology Coaching; assessment, activities, and strategies for success

by Robert Biswas-Diener

Strengths Profile:

We will be working with the Strengths Profile assessment (the Introductory Profile). There is a fee to take this assessment (about 30 US Dollars). If this presents a financial hardship, please take the free version of this assessment. This money goes to CAPP, the instrument's owners; I do not receive any money or kickbacks from this assessment. You can find the Strengths Profile assessment here: [Strengths Profile](#).

Lesson Topics	Complete by	Unlock date
Orientation	January 19, 2024	January 5, 2024
Introduction to the Science of Positive Psychology		January 13, 2024 Noon Pacific
Strengths Spotting	January 26 or 27, 2024	
Strengths Development The Strengths Profile	February 2 or 3, 2024	January 27, 2024 Noon Pacific
The Positive Self Positive Work	February 9 or 10, 2024	February 3, 2024 Noon Pacific
Mid-Course Visible Learning The Science of Happiness Increasing Courage	March 1 or 2, 2024	February 24, 2024 Noon Pacific
Solutions Focus Emotion in coaching	March 8 or 9, 2024	March 2, 2024 Noon Pacific
Curiosity and Interest Savoring	March 15 or 16, 2024	March 9, 2024 Noon Pacific
End-of Course Review	March 16, 2024	March 16, 2024 Noon Pacific

Administrative questions e-mail: info@positiveacorn.com