

# positive psychology coaching certification

**positive psychology coaching certification** is an increasingly sought-after credential for professionals aiming to empower individuals and organizations through strengths-based approaches and evidence-backed techniques. This certification blends the science of positive psychology with practical coaching skills to enhance well-being, resilience, and performance. Individuals pursuing this pathway gain specialized knowledge in fostering motivation, optimism, and meaningful goal setting, making them valuable assets in diverse coaching contexts. The demand for certified positive psychology coaches continues to grow as businesses, educators, and healthcare providers recognize the impact of positive interventions. This article explores the core components, benefits, and pathways of obtaining a positive psychology coaching certification, along with how it can elevate a coaching career. Readers will also find insights into curriculum structure, accreditation standards, and real-world applications. The following sections provide a comprehensive overview of this dynamic field and its certification process.

- Understanding Positive Psychology Coaching Certification
- Benefits of Earning a Positive Psychology Coaching Certification
- Core Curriculum and Training Components
- Accreditation and Certification Bodies
- Career Opportunities with Certification
- How to Choose the Right Certification Program

## Understanding Positive Psychology Coaching Certification

Positive psychology coaching certification represents specialized training designed to equip coaches with the principles and methodologies rooted in positive psychology. This branch of psychology focuses on enhancing human strengths, well-being, and optimal functioning rather than solely addressing pathology. Through certification, coaches learn how to integrate concepts such as gratitude, resilience, mindfulness, and character strengths into their coaching practice.

Certification programs typically combine theoretical study with practical coaching techniques, enabling participants to apply positive psychology interventions effectively. These programs are ideal for life coaches, executive coaches, counselors, and mental health professionals seeking to deepen their expertise. The certification validates proficiency in using science-based strategies to facilitate lasting personal and professional growth.

## Definition and Scope

Positive psychology coaching certification encompasses comprehensive training that highlights the use of positive psychological tools to support clients' goal achievement and well-being enhancement. It extends beyond traditional coaching by emphasizing evidence-based practices from scientific research on happiness, motivation, and flourishing.

## Who Should Pursue This Certification?

This certification is suited for professionals who want to incorporate scientifically supported positive psychology methods into their coaching practices. These include:

- Life and personal development coaches
- Corporate and executive coaches
- Mental health practitioners and therapists
- Educators and school counselors
- Healthcare professionals focusing on wellness

## Benefits of Earning a Positive Psychology Coaching Certification

Obtaining a positive psychology coaching certification offers numerous advantages in both professional credibility and practical effectiveness. Certified coaches can distinguish themselves in a competitive market by demonstrating mastery of a well-researched, strengths-based approach.

Clients increasingly seek coaches who can provide tangible, science-backed results, making certified professionals more attractive. Additionally, the certification supports deeper client engagement and improved outcomes by focusing on positive emotions, resilience, and personal strengths.

### Professional Credibility and Marketability

Certification serves as formal recognition of a coach's expertise, enhancing trust among clients and employers. It also facilitates networking opportunities within the positive psychology community and access to ongoing professional development.

### Enhanced Coaching Effectiveness

With specialized skills, certified coaches can apply targeted interventions that promote optimism, motivation, and well-being, thereby increasing client satisfaction and retention. They are better equipped to help clients overcome obstacles by fostering a positive mindset.

## **Personal Growth for Coaches**

The training involved in certification often leads to personal development for coaches themselves, including improved self-awareness, emotional intelligence, and resilience, which enrich their coaching presence.

## **Core Curriculum and Training Components**

The curriculum of a positive psychology coaching certification program typically covers foundational theories, practical coaching techniques, and application of positive psychology tools. Programs vary in length and depth but generally include both online and in-person learning modules.

### **Foundational Theories**

Participants study the scientific basis of positive psychology, including key concepts such as happiness theories, character strengths classification, flow, and resilience. Understanding these theories provides a framework for effective coaching interventions.

### **Practical Coaching Skills**

The training focuses on developing coaching competencies such as active listening, powerful questioning, goal setting, and motivational interviewing. These skills are integrated with positive psychology principles to create transformative coaching experiences.

### **Positive Psychology Interventions**

Programs teach specific evidence-based interventions such as gratitude exercises, strengths assessments, mindfulness practices, and savoring techniques. Coaches learn how to tailor these tools to individual client needs.

### **Supervised Practice and Assessment**

Many certifications include supervised coaching sessions and evaluations to ensure participants can effectively apply the methodologies. This hands-on component is crucial for skill mastery and confidence building.

## **Accreditation and Certification Bodies**

The credibility of a positive psychology coaching certification largely depends on the accreditation of the program or institution providing it. Accreditation ensures that the training meets established standards of quality and rigor.

## **Key Accrediting Organizations**

Several bodies oversee coaching certifications, including those with specific emphasis on positive psychology. Notable organizations include:

- International Coach Federation (ICF)
- International Association of Positive Psychology Coaches (IAPPC)
- Center for Credentialing & Education (CCE)
- Positive Psychology Practitioner Accreditation by reputable universities

## **Importance of Accreditation**

Accredited certifications assure clients and employers that the coach has undergone comprehensive, vetted training. Accreditation also often facilitates continuing education credits and professional recognition.

## **Career Opportunities with Certification**

A positive psychology coaching certification opens doors to a variety of career paths across multiple industries. Certified coaches can work independently or within organizations to promote well-being and performance.

## **Private Coaching Practice**

Many certified coaches establish their own practices, offering life coaching, career coaching, or wellness coaching services grounded in positive psychology. This allows for flexible work arrangements and direct client impact.

## **Corporate and Executive Coaching**

Organizations increasingly invest in coaching to enhance employee engagement, leadership development, and workplace culture. Certified positive psychology coaches are valued for their ability to boost morale and productivity.

## **Healthcare and Wellness Sector**

Coaches with this certification collaborate with healthcare providers to support patient well-being, chronic illness management, and mental health improvement through positive psychological strategies.

## **Education and Community Programs**

Certified coaches contribute to educational settings by helping students, educators, and administrators develop resilience, motivation, and positive learning environments.

## **How to Choose the Right Certification Program**

Selecting an appropriate positive psychology coaching certification program requires careful consideration of several factors to ensure alignment with career goals and quality standards.

### **Program Accreditation and Recognition**

Priority should be given to programs accredited by recognized coaching or psychology organizations to guarantee credibility and transferable credentials.

### **Curriculum Depth and Format**

Evaluate whether the program offers comprehensive coverage of positive psychology theories and coaching skills, as well as flexible learning options such as online, in-person, or hybrid formats.

### **Faculty Expertise and Support**

Programs led by experienced instructors with backgrounds in positive psychology and coaching provide superior learning experiences. Availability of mentorship and peer support is also beneficial.

### **Cost and Time Commitment**

Consider program fees, financial aid options, and the duration required to complete the certification. Balancing cost with quality is essential for a worthwhile investment.

### **Alumni Outcomes and Reviews**

Research testimonials and career trajectories of past graduates to assess the program's effectiveness and reputation in the coaching community.

## **Frequently Asked Questions**

### **What is positive psychology coaching certification?**

Positive psychology coaching certification is a professional credential that equips coaches with the knowledge and skills to apply positive psychology principles to help clients enhance their well-being,

happiness, and performance.

## **Why should I pursue a positive psychology coaching certification?**

Pursuing a positive psychology coaching certification helps you gain specialized expertise in fostering strengths, resilience, and positive emotions, making you more effective in supporting clients' personal and professional growth.

## **How long does it typically take to complete a positive psychology coaching certification?**

The duration varies by program but typically ranges from 3 to 6 months, depending on whether the course is part-time, full-time, in-person, or online.

## **Are there any recognized organizations offering positive psychology coaching certification?**

Yes, notable organizations include the International Coach Federation (ICF), the Wholebeing Institute, and the Flourishing Center, which offer accredited positive psychology coaching certification programs.

## **Can positive psychology coaching certification help advance my coaching career?**

Absolutely. It enhances your credentials, broadens your coaching toolkit, and can attract clients interested in strengths-based and evidence-based approaches to personal development.

## **What topics are covered in a positive psychology coaching certification program?**

Programs typically cover topics such as strengths identification, resilience building, goal setting, mindfulness, emotional intelligence, positive interventions, and evidence-based coaching techniques.

## **Additional Resources**

### **1. *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients***

This book offers a comprehensive introduction to applying positive psychology principles in coaching. It provides practical tools and techniques to help clients build resilience, foster optimism, and achieve their goals. Coaches will find research-backed strategies to enhance well-being and motivation in their practice.

### **2. *The Positive Psychology Coaching Toolkit: A Guide to Strategies for Strengths-Based Coaching***

Focused on strengths-based coaching, this toolkit delivers actionable exercises and assessments grounded in positive psychology. It equips coaches with methods to identify and leverage client strengths to promote growth and fulfillment. The book is ideal for those pursuing certification and

looking to deepen their coaching repertoire.

*3. Becoming a Positive Psychology Coach: The Complete Guide to Certification and Practice*

This guide walks aspiring coaches through the certification process, blending theory and hands-on practice. It covers essential positive psychology concepts and demonstrates how to integrate them into coaching sessions effectively. Readers will gain insights into building a successful coaching career centered on positivity and client empowerment.

*4. Strengths-Based Coaching: A Positive Psychology Approach*

Dedicated to the strengths-based approach, this book explores how coaches can help clients discover and utilize their unique talents. It emphasizes evidence-based techniques that drive sustainable change and improved well-being. The author includes case studies and reflections to enhance learning and application.

*5. Applied Positive Psychology Coaching: Tools and Techniques for Transformational Change*

This practical volume provides a suite of tools designed to facilitate deep, transformational change in clients. It integrates positive psychology theories with coaching methodologies to support personal and professional development. Coaches will appreciate the step-by-step guidance and real-world examples.

*6. Positive Psychology for Coaches: A Practical Guide to Enhancing Well-Being and Performance*

Aimed at coaches across disciplines, this book bridges the gap between positive psychology research and coaching practice. It offers strategies to boost client well-being, resilience, and performance through scientifically validated interventions. The content is accessible and immediately applicable for certification candidates.

*7. The Science of Coaching: Integrating Positive Psychology into Your Practice*

This book delves into the scientific foundations of coaching enriched by positive psychology. It explains how to apply research findings to foster client engagement and happiness. Readers will find frameworks for designing impactful coaching sessions that align with the latest psychological insights.

*8. Mindset and Motivation: Positive Psychology Coaching for Lasting Success*

Focusing on mindset and motivation, this title explores how positive psychology techniques can help clients overcome obstacles and sustain progress. It includes exercises to cultivate growth mindsets, self-efficacy, and intrinsic motivation. Coaches will learn to support clients in creating meaningful and lasting change.

*9. Authentic Happiness Coaching: Certification Guide for Positive Psychology Practitioners*

This certification guide centers on the pursuit of authentic happiness through coaching. It details the principles of positive psychology and their application in helping clients build satisfying and meaningful lives. The book also outlines best practices for coaches seeking formal recognition in the field.

## **Positive Psychology Coaching Certification**

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**positive psychology coaching certification: Practicing Positive Psychology Coaching**

Robert Biswas-Diener, 2010-09-07 Discover proven strategies for applying positive psychology within your coaching practice Written by Robert Biswas-Diener, a respected researcher, psychologist, life and organizational coach, and expert in positive psychology, *Practicing Positive Psychology Coaching* presents a wide range of practical interventions and tools you can put to use right away in your coaching practice. Each intervention is clearly outlined and, where appropriate, illustrated by case studies from organizational and life coaching. Providing unique assessments that can be used to evaluate client resources and goals, this practical guide introduces tools unique to this book that every professional can use in their practice, including: Findings from new research on goal commitment strategies, motivation, growth-mindset theory, and goal revision A decision tree for working specifically with Snyder's Hope Theory in the coaching context An easy-to-use assessment of positive diagnosis, which measures client strengths, values, positive orientation toward the future, and satisfaction Measures of self-esteem, optimism, happiness, personal strengths, motivation, and creativity Guidance for leading clients through organizational and common life transitions including layoffs, leadership changes, university graduation, middle age, and retirement Filled with reflective exercises for use in your own personal and professional development, *Practicing Positive Psychology Coaching* also includes guidance and recommendations for marketing a positive psychology coaching practice.

**positive psychology coaching certification: Positive Psychology Coaching in Practice** Suzy Green, Stephen Palmer, 2018-07-17

*Positive Psychology Coaching in Practice* provides a comprehensive overview of positive psychology coaching, bringing together the best of science and practice, highlighting current research, and emphasizing the applicability of each element to coaching. With an international range of contributors, this book is a unique resource for those seeking to integrate positive psychology into their evidence-based coaching practice. Beginning with an overview of positive psychology coaching, the book includes an assessment of theories of wellbeing, an examination of mindfulness research, a guide to relevant neuroscience, and a review of a strengths-based approach. It also contains chapters which explore the application of ACT, the role of positive psychology in wellness and resilience coaching, positive leadership theory, and developmental psychological theories as they relate to coaching through significant life transitions. In each chapter, theory and research is thoroughly explored and applied directly to coaching practice, and supported with a list of relevant resources and a case study. The book concludes with the editors' views on the future directions of positive psychology coaching. *Positive Psychology Coaching in Practice* will be essential reading for professional coaches in practice and in training seeking to enhance their evidence-based practice, coaching psychologists, practitioners of positive psychology, and academics and students of coaching, coaching psychology and positive psychology.

**positive psychology coaching certification: Positive Psychology in Coaching** Sandra L.

Foster (Ph.D.), Jeffrey E. Auerbach (Ph.D.), 2015-06-25 This is both a scholarly, and practical, how-to coaching book that features empirically based and immediately usable applications for executive and personal coaches. It is a logical companion manual to the Auerbach coaching book, *Personal and Executive Coaching*. The research summaries from key positive psychology founders and experts support the coaching applications. Author examples and the contributors' cases of positive psychology coaching are interspersed throughout the chapters as sidebars. Useful forms and tools are included in the appendix. This new volume is an excellent resource for the new or experienced coach and particularly engaging as a textbook for positive psychology and coaching courses.

**positive psychology coaching certification: Positive Psychology Coaching in the**

**Workplace** Wendy-Ann Smith, Ilona Boniwell, Suzy Green, 2021-09-29 This research-to-practice text explores how coaching can support thriving in the workplace. It focuses on positive psychology coaching in the workplace in relation to: the convergence with organisational psychology and coaching psychology, professional and ethical practices, resilience and wellbeing, team and systemic approaches, leadership, tools of intervention, convergence of clinical interventions and virtuousness,

and the future of thriving workplaces. The chapter contributions represent a truly international scholarship and bring together complementary perspectives from the fields of positive psychology, coaching psychology, organisational psychology, organisational scholarship, neuroscience, education and philosophy. Written in a scholarly but accessible style, this text is of interest to a wide readership, including academics, professionals and postgraduate students of positive psychology, organisational psychology, counselling and coaching psychology, human resource management, mental health, health and social welfare. Smith, Boniwell and Green have brought together an outstanding collection of thought leaders from the field of positive psychology coaching to craft an in-depth exploration of the contribution positive psychology can make to delivering transformation change through coaching conversations. A fascinating read, full of evidence and insight. Jonathan Passmore Professor of Coaching & Behavioural Change Director Henley Centre for Coaching, Henley Business School

**positive psychology coaching certification: Positive Psychology in Practice** Stephen Joseph, 2015-03-09 The best minds in positive psychology survey the state of the field Positive Psychology in Practice, Second Edition moves beyond the theoretical to show how positive psychology is being used in real-world settings, and the new directions emerging in the field. An international team of contributors representing the best and brightest in the discipline review the latest research, discuss how the findings are being used in practice, explore new ideas for application, and discuss focus points for future research. This updated edition contains new chapters that explore the intersection between positive psychology and humanistic psychology, salutogenesis, hedonism, and eudaimonism, and more, with deep discussion of how the field is integrating with the new areas of self-help, life coaching, social work, rehabilitation psychology, and recovery-oriented service systems. This book explores the challenges and opportunities in the field, providing readers with the latest research and consensus on practical application. Get up to date on the latest research and practice findings Integrate positive psychology into assessments, life coaching, and other therapies Learn how positive psychology is being used in schools Explore possible directions for new research to push the field forward Positive psychology is being used in areas as diverse as clinical, counseling, forensic, health, educational, and industrial/organizational settings, in a wide variety of interventions and applications. Psychologists and other mental health professionals who want to promote human flourishing and well-being will find the second edition of Positive Psychology in Practice to be an informative, comprehensive guide.

**positive psychology coaching certification: My Year of Practicing Positive Psychology** Susan M. Mifsud, 2018-05-18 As Susan Mifsud approached her fiftieth birthday, she realized her life was far from what she had anticipated. After twenty-six years of working in human resources and many more living with depression and anxiety, Susan found herself unemployed and seeking a new direction. She embraced the upside of life's transformations and took the opportunity to embark on a masters program with emphasis on mental health and wellness. She also decided not just to read about the advantages of positive psychology, but launched her own personal experiment. She focused on evidence-based research that suggests novel, intentional activities can positively impact mood and engaged in a series of firsts that were informed by her own challenges with mental illness. Susan chose a new activity connected to one of her ten pillars of wellness and shared her fifty fabulous feats through her blog site, SilverLiningFrog.com. This book chronicles her adventures and gives readers the tools and motivation to embark on their own feats.

**positive psychology coaching certification: Positive Psychology in Practice** P. Alex Linley, Stephen Joseph, 2012-06-27 A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: This volume is the cutting edge of positive psychology and the emblem of its future. -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of Authentic Happiness Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language

on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. *Positive Psychology in Practice* fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, *Positive Psychology in Practice* is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

**positive psychology coaching certification:** *The International Handbook of Positive Psychology* Edward C. Chang, Christina Downey, Hongfei Yang, Ingo Zettler, Mine Muyan-Yılık, 2022-02-02 This handbook discusses the latest findings from different fields of positive psychology from a global perspective by providing a coherent framework to get a better understanding of the development and practice of positive psychology. It starts with the parameters of positive psychology and a summary of the historical rise of positive psychology (both first wave and second wave of positive psychology) in the US, and its slow but steady growth on a global scale. This handbook highlights the major contributions of positive psychologists across 17 major regions of the world on theory, research, assessment and Practice. It discusses how positive psychology can progress human living in different countries and it shows the reasons why positive psychology has become an important source in research and education around the world.

**positive psychology coaching certification: Be the Change(maker)** Kara Exner, 2020-10-14 Are you a changemaker? Many people are drawn to make positive change in the world, but feel daunted by the legends of iconic activists like Mother Teresa or Nelson Mandela. By considering how everyday people make a difference in their own communities or workplaces, we can find an approach that is relatable and attainable. Based on research and interviews with nearly fifty people devoted to making a positive difference, this book explores the mindsets that everyday changemakers have in common: how they perceive themselves, how they relate to others, and how they are oriented to action. Straight forward, accessible, and digestible, this book provides readers with helpful guidance and tips, inspiring words from the changemakers themselves, and reflective questions designed to spur insights and action. This book offers bright spots, helps new changemakers start small or go big, and encourages stalled changemakers to get their spark back and keep going. Most importantly, it reminds us that everyday people can make an extraordinary difference in the world.

**positive psychology coaching certification:** *Future Perspectives on Positive Psychology: A Research Agenda* Marisa Salanova, Llewellyn Ellardus Van Zyl, 2022-07-29

**positive psychology coaching certification: Ethical Case Studies for Coach Development and Practice** Wendy-Ann Smith, Eva Hirsch Pontes, Dumisani Magadla, David Clutterbuck, 2023-12-22 Providing both a depth and breadth of examples of ethical dilemmas which coaches may face as part of their practice, this book is the first comprehensive handbook of case studies in the field, supporting coaches in developing their ethical awareness and competence. The world of coaching has become increasingly complex over the past two decades. While the professional bodies have all released codes of conduct or ethical guidelines, these at best deal with general principles and serve as a point of reference for reflection. *Ethical Case Studies for Coach Development and Practice* is an essential accompaniment for coaches. Written by seasoned practitioners, this companion coaching case study book offers a more personal perspective on ethics in practice. Its simple structured layout and focus on ethical dilemmas make it an attractive course supplementary text and resource for practitioners. Divided into two sections, the guide explores the following

themes: ethical development, coach education, one-to-one coaching, individual and group supervision, team coaching, external coaching assignments, internal coaching, digital and AI coaching, power in coaching, and the promotion of coaching. This book is a vital resource for coaches at all levels of experience in their professional coach journey, and for those with more experience in the development of ethical thinking and practice such as supervisors, consultants in leadership development, human resource professionals, and students on coaching postgraduate programmes and in private coach education.

**positive psychology coaching certification:** *Professional Coaching* Susan English, Janice Sabatine, Philip Brownell, 2018-12-07 Incorporating a wealth of knowledge from international experts, this is an authoritative guide to provide a comprehensive overview of professional coaching. Grounded in current research, it addresses the historical, ethical, theoretical, and practice foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession, including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy, the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive overview of a fast-growing field Includes contributions from international experts Covers historical, professional, philosophical, and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

**positive psychology coaching certification:** *Coaching Perspectives IX* Center For Coaching Certification, Cathy Liska, Monique Betty, 2020-02-27 A collection of insights and techniques from trained coaches with each chapter an individual read: The Symbiotic Relationship of Being and Doing by Cathy Liska, Coach with a Strengths Based Approach by Monique Betty, Flow-Based Coaching by Qing (Helen) Yan, Readiness in Executive Coaching by Cheryl Procter-Rogers, Illuminating Blind Spots by Sarah Roberts, Leadership and the 3C's by Laura Willis, The Art of Helping Others Move Forward by Noreen Baker, Discovering the Coach Within by Martin Laramie, Coaching for Job Search Success by Gail Lennox, The Benefits of Coaching for Grantmakers by Luisa Taveras, Changing Negatives into Positives by Beth Donovan, Who Wants a Coach? by Samson Umurhurhu, Assessments in a Coaching Program by Wyetta Ford

**positive psychology coaching certification:** *Foundations of Professional Coaching* James Gavin, 2022 Foundations of Professional Coaching is the essential guide to developing coaching skills that encourage lasting change in clients' personal and professional lives. Grounded in the International Coaching Federation's eight core competencies, coaches will learn to create holistic coaching relationships.

**positive psychology coaching certification:** *Coaching Online* Kate Anthony, DeeAnna Merz Nagel, 2021-11-01 Translating traditional coaching methods and competencies for use in the online world, this informative and timely guide shows coaches how to transform their face-to-face practice into one that utilises technological means of communication with clients, mentors, and everyone else associated with their practice. The book offers up-to-the-minute practical and ethical information from two world-expert coaches, leaning on their combined 50 years of experience and study. It covers the practice of online coaching via email, chat, audio/telephone and video methods, as well as the ethics of online coaching (including an ethical framework), case material, supervision, mentoring and training, and a look into the future of the coaching profession in light of technological developments and the culture of cyberspace. Whether you are a coach-in-training or established Coaching Master, this book is an accessible and invaluable tool for taking and maintaining your coaching services online.

**positive psychology coaching certification:** *Positive Psychology* William C. Compton, Edward

Hoffman, 2019-01-29 Topically organized, *Positive Psychology: The Science of Happiness and Flourishing* presents a highly engaging, up-to-date introduction to positive psychology. Authors William C. Compton and Edward Hoffman invite students to apply practices to their own lives, contexts, and experiences to ensure understanding. The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental, clinical, personality, motivational, social, and behavioral psychology. Furthermore, the text offers perspectives on positive emotional states, research and theory on positive traits, coverage of positive institutions, and a look at the future of positive psychology. The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics including mindfulness, money and subjective well-being, and romantic love.

**positive psychology coaching certification:** *Toward a Positive Psychology of Relationships* Meg A. Warren, Stewart I. Donaldson, 2017-12-01 Providing an invaluable resource for scholars and researchers, this book investigates positive psychology and relationships theory and research across a range of settings and life stages—intimate, work, educational, senior/retirement, and in the context of diversity. Nearly universally, relationships are a key source of what we all seek in life: happiness, fulfillment, and well-being. The experts who contributed to this novel volume apply the framework of positive psychology to the findings of relationships research across a variety of practical contexts. What actions create and sustain respectful, caring, joyous, stimulating, and loving relationships? How do people rich in friendship, intimacy, and interpersonal skills think and behave? How do they unconsciously cultivate positive relationships? This book brings together authoritative reviews, cutting-edge research, and thoughtful scholarship that serve to answer these questions and document the benefit of positive relationships in a variety of settings and across the human life span. Following a comprehensive introduction, the book addresses positive intimate relationships, positive relationships at work, positive relationships during different stages of life (in youth, in adolescence, and among older adults), and positive relationships intersecting with diversity. The chapters underscore the simple concept that relationships are central to what makes life worth living and are fundamental to well-being across all life domains as they play out at home, in school, at work, in retirement homes, and in the community at large.

**positive psychology coaching certification:** *The Oxford Handbook of Positive Psychology* C. R. Snyder, Shane J. Lopez, Lisa M. Edwards, Susana C. Marques, 2021 *The Oxford Handbook of Positive Psychology* is the seminal reference in the field of positive psychology, which continues to transcend the boundaries of academia to capture the imagination of the general public. Almost 20 years after the first publication of this groundbreaking reference, this new third edition showcases how positive psychology is thriving in diverse contexts and fields of psychology. Consisting of 68 chapters of the most current theory and research, this updated handbook provides an unparalleled cross-disciplinary look at positive psychology from diverse fields and all branches of psychology, including social, clinical, personality, counseling, health, school, and developmental psychology. Several new chapters are included which highlight the latest research on positive psychology and neuroscience, as well as growing areas for applications of positive psychology.

**positive psychology coaching certification:** *The Global Business of Coaching* David Lines, Christina Evans, 2020-04-22 Coaching has become a global business phenomenon, yet the way that coaching has evolved and spread across the globe is not unproblematic. Some of these challenges include: different types/genres of coaching; understanding and relevance of different coaching philosophies and models in different cultural contexts; equivalency of qualifications and coach credentials, as well as questions over standards and governance, as part of a wider debate around professionalization. Coaching then, as with the transfer of knowledge and professionalization in other disciplines, is not immune to ethnocentricity. Through a combination of adopting a meta-analysis of coaching, supported with narratives of coaching practice drawn from different socio-political/cultural contexts, the aim of this book is to challenge current knowledge, understanding and norms of how coaching is, or should, be practised in different cultural contexts. This book will provide a foundation for further research in coaching as an academic field of study

and as an emerging profession. It will resonate with critical scholars, coach educators, and coach practitioners who want to develop their praxis and enhance their reflexivity and be of interest to researchers, academics, and students in the fields of business and leadership, human resource development, organizational learning and development, mentoring and coaching.

**positive psychology coaching certification:** *Practicing Positive Psychology Coaching* Robert Biswas-Diener, 2010-08-05 Discover proven strategies for applying positive psychology within your coaching practice Written by Robert Biswas-Diener, a respected researcher, psychologist, life and organizational coach, and expert in positive psychology, *Practicing Positive Psychology Coaching* presents a wide range of practical interventions and tools you can put to use right away in your coaching practice. Each intervention is clearly outlined and, where appropriate, illustrated by case studies from organizational and life coaching. Providing unique assessments that can be used to evaluate client resources and goals, this practical guide introduces tools unique to this book that every professional can use in their practice, including: Findings from new research on goal commitment strategies, motivation, growth-mindset theory, and goal revision A decision tree for working specifically with Snyder's Hope Theory in the coaching context An easy-to-use assessment of positive diagnosis, which measures client strengths, values, positive orientation toward the future, and satisfaction Measures of self-esteem, optimism, happiness, personal strengths, motivation, and creativity Guidance for leading clients through organizational and common life transitions including layoffs, leadership changes, university graduation, middle age, and retirement Filled with reflective exercises for use in your own personal and professional development, *Practicing Positive Psychology Coaching* also includes guidance and recommendations for marketing a positive psychology coaching practice.

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