



Positive Psychology Coaching Webinar

With WBI Coaching Faculty Members

Lynda Wallace
Phoebe Atkinson
Jennifer Hanawald



Thank you for joining us today



We're very glad you're here!



Today's Agenda

- Positive Psychology Coaching
- What the happiest people do
- The CHANGE model
- Skills you can use now
- Becoming a Positive Psychology Coach



Coaching and Positive Psychology

Coaching helps clients identify and take practical steps to enhance their well-being and move toward creating the lives they want to live

Positive Psychology is the scientific study of human thriving, of what it takes for people to live their best, happiest, and most meaningful lives



Positive Psychology provides a rigorous basis for a broad range of effective, evidence-based coaching.

Positive Psychology Coaching provides an accessible, practical application of Positive Psychology research.



Positive Psychology Research

We can gain greater happiness, well-being, and achievement through conscious choices, attitudes, and actions, particularly when we:

Cultivate the positive: positive emotions and experiences, values, strengths, expectations, and relationships

Cope effectively with challenges: painful emotions and experiences, disappointments, and stress

Commit to personally meaningful goals and take sustained action toward achieving them



What Do the Happiest People Do?

S. Lyubomirsky, C. Peterson, K. Neff, M. Seligman, C. Dweck, B. Fredrickson, E. Deiner

- Invest in loving, supportive relationships
- Actively cultivate positive experiences and emotions
- Cope effectively with painful experiences and emotions
- Learn to interrupt rumination/overthinking
- Get regular exercise
- Pursue personally meaningful goals
- Express gratitude
- Practice optimism
- Help those who need it
- Practice self-compassion
- Live reasonably comfortably and within their means



Positive Psychology Coaching

The use of validated concepts and methods to help clients to:

Tap into their:

- Strengths, skills, knowledge, resources, and values
- Experiences, emotions, and awareness

So they can develop:

- Clarity, hope, and self-efficacy
- Courage and self-compassion

And effectively:

- Create goals for positive change
- Take action and make sustainable progress



The CHANGE Model

A structured, evidence-based approach to creating positive change and achieving goals

C

CLARIFY

Create clear, heartfelt, forward-looking goals for positive change

H

HOPE

Explore strengths and resources to fuel optimism that change is possible

A

ACTIVATE

Activate the change process with immediate positive action

N

NAVIGATE

Create an adaptable, big-picture map of the path to goal achievement

G

GO FOR IT

Make rapid, substantial, sustainable progress toward goals

E

EXPAND

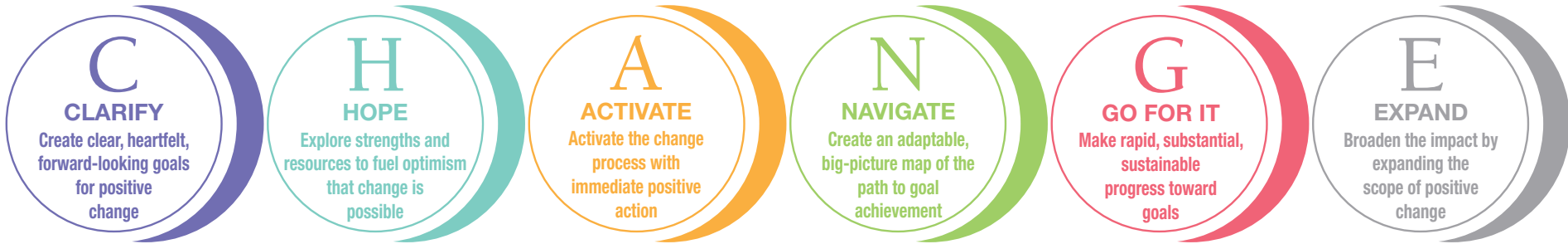
Broaden the impact by expanding the scope of positive change



wholebeing institute



Clarify



Create clear, heartfelt, forward-looking goals for positive change



Hope



C

CLARIFY

Create clear, heartfelt,
forward-looking goals
for positive
change

H

HOPE

Explore strengths and
resources to fuel optimism
that change is
possible

A

ACTIVATE

Activate the change
process with
immediate positive
action

N

NAVIGATE

Create an adaptable,
big-picture map of the
path to goal
achievement

G

GO FOR IT

Make rapid, substantial,
sustainable
progress toward
goals

E

EXPAND

Broaden the impact by
expanding the
scope of positive
change

Explore strengths & resources to fuel optimism that change is possible



wholebeing institute



Activate



C
CLARIFY
Create clear, heartfelt,
forward-looking goals
for positive
change



H
HOPE
Explore strengths and
resources to fuel optimism
that change is
possible



A
ACTIVATE
Activate the change
process with
immediate positive
action

N
NAVIGATE
Create an adaptable,
big-picture map of the
path to goal
achievement

G
GO FOR IT
Make rapid, substantial,
sustainable
progress toward
goals

E
EXPAND
Broaden the impact by
expanding the
scope of positive
change

Activate the change process with immediate positive action





Navigate



C
CLARIFY
Create clear, heartfelt,
forward-looking goals
for positive
change



H
HOPE
Explore strengths and
resources to fuel optimism
that change is
possible



A
ACTIVATE
Activate the change
process with
immediate positive
action



N
NAVIGATE
Create an adaptable,
big-picture map of the
path to goal
achievement

G
GO FOR IT
Make rapid, substantial,
sustainable
progress toward
goals

E
EXPAND
Broaden the impact by
expanding the
scope of positive
change

Create an adaptable, big-picture map of the path to goal achievement





Go For It



C
CLARIFY
Create clear, heartfelt,
forward-looking goals
for positive
change



H
HOPE
Explore strengths and
resources to fuel optimism
that change is
possible



A
ACTIVATE
Activate the change
process with
immediate positive
action



N
NAVIGATE
Create an adaptable,
big-picture map of the
path to goal
achievement



G
GO FOR IT
Make rapid, substantial,
sustainable
progress toward
goals

E
EXPAND
Broaden the impact by
expanding the
scope of positive
change

Make rapid, substantial, sustainable progress toward goals





Expand



C
CLARIFY
Create clear, heartfelt,
forward-looking goals
for positive
change



H
HOPE
Explore strengths and
resources to fuel optimism
that change is
possible



A
ACTIVATE
Activate the change
process with
immediate positive
action



N
NAVIGATE
Create an adaptable,
big-picture map of the
path to goal
achievement



G
GO FOR IT
Make rapid, substantial,
sustainable
progress toward
goals



E
EXPAND
Broaden the impact by
expanding the
scope of positive
change

Broaden the impact by expanding the scope of positive change





Today's Agenda

- Positive Psychology Coaching
- What the happiest people do
- The CHANGE model
- Skills you can use now
 - Appreciative inquiry
 - Coaching for self-compassion
- Becoming a Positive Psychology Coach



Appreciative Inquiry

David Cooperrider: *Appreciative Inquiry, A Positive Revolution in Change*

Exploring positive experiences, strengths, values, and resources to help clients focus and build on what motivates, matters to, and works for them:

- Drawing on the best of past and present experiences can help fuel creation of a better future
- Exploring real experiences leads to positivity and hope that are grounded in the reality of our clients' lives
- Focusing on strengths and what works leads to greater persistence, resilience, and progress toward goals



Appreciative Inquiry

Appreciative Inquiry into Positive Experiences

- What was the best job you've ever had?
What about it made it so good?
- When do you feel most connected to your spouse?
Would you describe a recent time?
- Would you tell me about the last time you exercised?
How did you feel during and after?



Appreciative Inquiry

Appreciative Inquiry into Strengths

- What is one of strengths that you most value in yourself?
- Would you tell me a story about a time you used that strength?
- How about another one?
- How can you use these strengths (perhaps in new ways) to help your pursue your goals for positive change?



Appreciative Inquiry

Appreciative Inquiry into Exceptions to Problems

- Can you think of times when you don't experience this problem, or when it's less of a problem than usual?
- What's different about those times?
- What can we learn from those times?
- What would it take to make some of those conditions more common in your life?



Self-Compassion

Kristin Neff, *Self-Compassion*

Self-compassion is a practice of:

- Treating ourselves with kindness, the way a wise and caring friend might treat us
- Acting to relieve our own suffering, especially when we experience failure and frustration, rather than adding to it with harsh self-evaluation and criticism

It enhances well-being

- Less anxiety and depression
- Greater physical well-being
- More stable self-worth

And increases progress toward goals

- Less procrastination
- More courage to try
- Greater persistence and progress



wholebeing institute



Coaching for Self-Compassion

When you notice a client engaging in self-criticism:

- Help craft compassionate responses to self-critical statements
- **Teach a simple self-compassion practice**
- Encourage journaling through a lens of self-compassion

Step One: Mindfulness

- Recognize the moment of difficulty
- *I'm being self-critical, but I choose to intervene*

Step Two: Universality

- Remember our shared human condition
- *I'm not alone; other people go through this*

Step Three: Kindness

- Choose to be a good friend to yourself
- Offer self-compassionate words and gestures



Today's Agenda

- Positive Psychology Coaching
- What the happiest people do
- The CHANGE model
- Skills you can use now
- **Becoming a Positive Psychology Coach**



Becoming a Positive Psychology Coach



Courses

-  Positive Psychology Coaching Fundamentals (distance learning)
-  Positive Psychology Coaching Skills Intensive (distance or on site)
-  Building a Thriving Coaching Practice (on demand videos)
-  Introduction to Wholebeing Happiness (on demand videos)
-  Positive Psychology Coaching Mentorship (distance learning)



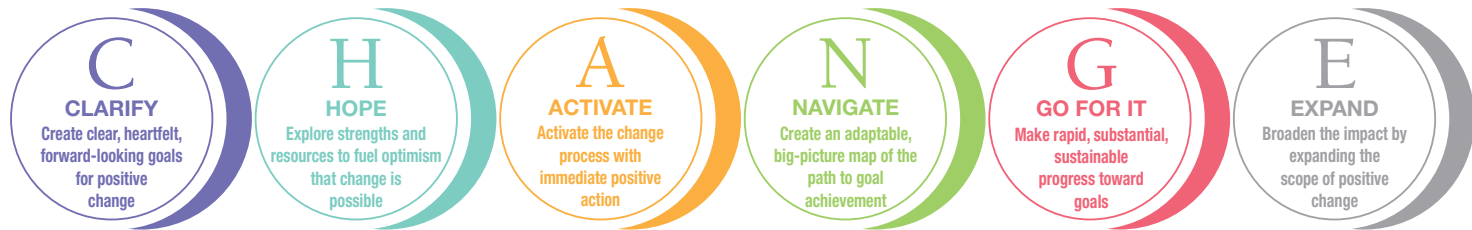
Positive Psychology Coaching Fundamentals

Skills include:

- Appreciative inquiry
- Asking powerful questions
- Exploring stories
- Empathic listening
- Coaching for self-compassion
- Solutions focus
- Action and accountability

Each week includes:

- 90 minute class session
- Key research findings
- Skills and demonstrations
- Q&A
- Brief readings
- Reflection prompts
- Peer coaching



Next class starts the week of September 7

**Thank you for joining us today; we hope to
have the chance to get to know you in class!**



Please visit us on the web and watch for our follow-up email

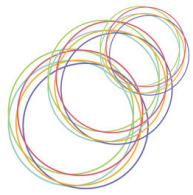


PPC Skill-Building Intensive

Develop increased fluency & confidence

- Review, deepen and add to your Positive Psychology Coaching skills
- Strengthen your coaching judgement and confidence
- Emphasis on experiential learning
- Expanded coaching demonstrations with debrief
- Triad coaching practice (coach, client, observer) to put it all together

Next class starts the week of November 9



Introduction to Wholebeing Happiness

Expand the impact of Positive Psychology practices in your life

- Practicing a growth mindset
- Caring for your own well-being
- Savoring positive emotions and experiences
- Developing your character strengths
- Building toward your best self and your best life

You can take this on-demand course whenever you wish!



Building a Thriving Coaching Practice

Everything you need to know to successfully build your practice

Recorded video classes covering:

- Defining your target clients and describing your services
- Building a great website and attracting great clients to it
- Setting your (very exciting) fee structure
- Marketing in your local community
- Managing your busy practice, and much more

Action worksheets every step of the way to help you get it done

You can take this on-demand course whenever you wish!



PPC Mentorship

Supportive bridge to coaching clients with confidence and effectiveness

Coach real clients and receive support to help you be your best

Lead in-class demonstrations and receive constructive feed-forward

Prepare to successfully launch or build your coaching practice

Build a community of fellow Positive Psychology Coaches

Complete your certification as a Positive Psychology Coach

Next class starts the week of January 11