

Vak: Positive Coaching Techniques

credits: 5

Vakcode TPVM17POSPSYC
Naam Positive Coaching Techniques
Studiejaar 2019-2020
ECTS credits 5
Taal Engels
Coördinator A.T. Sinnema

Werkvormen Practicum / Training
Toetsen Assessment: Portfolio - Portfolio assessment

Leeruitkomsten

By the end of the semester the student is able to apply several positive coaching techniques at a basic level
By the end of the semester the student is able to critically reflect on the value of the techniques on both personal development as well as for professional practice.

Inhoud

Positive Psychology is not a spectator sport, it is all about doing. We will introduce the student to some of the techniques based on the ideas of PP. To name but a few: mindfulness, creative writing, reflective listening, deep democracy, strengths based interviewing, positive technology. In the workshops the student will learn about the techniques and in between the workshop the student will practice them.

Opgenomen in opleiding(en)

Exchange Programme Applied Positive Psychology
Minor Applied Positive Psychology

School(s)

Academie voor Sociale Studies

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