



## Coaching at Work Series of Masterclasses 2018

# Positive Psychology In Action

Lucy Ryan

**Seminar date:** Tuesday 16th October 2018

**Venue:** The BPS London Offices

**Timings:** 10.00am – 5.00pm



### MASTERCLASS OUTLINE:

As far as coaching goes, positive psychology offers the world of coaching something very special – an evidence based framework and a rich scientific body of work from which to design your interventions. Lucy has worked in this field for 10 years and hopes to share her learning and dig deeper into three big areas of positive psychology.

### MASTERCLASS AIMS & OBJECTIVES:

This masterclass aims to stimulate your action and thinking for your clients in three areas. It will focus on:

1. Character Strengths
2. Positive Emotions and Resilience
3. Motivation and Peak Performance. Particularly working with teams.

It will include exercises appropriate for many walks of life and include theory and practice with the use of cards; grids and 'walk-arounds', with a wealth of suggested coaching questions.

### MASTERCLASS CONTENT:

#### Character strengths:

Using the 24 Positive Psychology character strengths (and cards) four fundamentals will be covered including recognising, exploring, applying and developing your character strengths.

#### Positive Emotions and Resilience:

The fundamental premise of emotional intelligence will be explored using the 'Emotions in Action Matrix' tool.

#### Team Motivation and Peak Performance:

Utilising the MAPP (Motivation and Peak Performance) Wheel, in the last section of this workshop we will explore the 12 scientific factors that enhance motivation and drive.

**LUCY RYAN:** Lucy has had a varied career including being on the stage, being a Sales Director and latterly as a coach and positive psychologist. In her own training and coaching career, Lucy has worked with thousands of individuals and teams across Europe and she is considered to be one of the UK's foremost personal impact and confidence coaches for senior business people. With a unique 'bank' of coaching models and methods, Lucy also trains coaches and psychologists across Europe in strengths based approaches, resilience and positive psychology.

Lucy holds an MSc in Applied Positive Psychology and is involved in the development of positive psychology in Europe. She is co-author of the UK's first resilience and wellbeing curriculum (SPARK), author of Well Being Lessons for Secondary Schools, Honorary Lecturer at the University of East London, and trainer for the Penn Resilience Programme. She is currently studying for a PhD at University of Liverpool focusing on middle age, the menopause and the retention of senior female executives!

## LOGISTICS

### VENUE

The event is held at The British Psychological Society, London Offices, 30 Tabernacle Street, London, EC2A 4UE

### DATE

Tuesday 16th October 2018

### TIME

The masterclass runs from 10.00am to 5.00pm.

### FEES

£199.99 incl VAT (for non-subscribers)

£169.99 incl VAT (for subscribers)

### BOOKING PROCEDURE

Please fill in an application form on-line at: [www.coaching-at-work.com/masterclasses](http://www.coaching-at-work.com/masterclasses)

### CATERING

Tea and coffee is provided throughout the day. Lunch will also be provided. Please advise of any special dietary requirements when booking.