

# Coaching at Work



## Coaching at Work Series of Masterclasses 2019

# Creating Flourishing Lives: Leveraging Positive Psychology Coaching for Proactive Personal Growth

## Dr Suzy Green

**Date:** Wednesday 18 September 2019

**Venue:** NCVO, Regents Wharf, 8 All Saints Street, London N1 9RL

**Timings:** 10.00am – 5.00pm



### MASTERCLASS CONTENT

With the emergence of Positive Psychology over the past twenty years, a stronger focus on the proactive approach to wellbeing and optimal human functioning has occurred, at the individual, group and organisational levels. Combined with the reality of living in a VUCA (volatile, uncertain, complex & ambiguous) world, there's an increasing interest in and focus on values, strengths and meaning within a Positive Psychology Coaching context.

This workshop will provide individuals with the opportunities to learn about key theories, research and strategies that evidence-based coaches can utilise to increase both their own and their coachee's levels of meaning and overall psychological wellbeing.

### MASTERCLASS AIMS AND OBJECTIVES

- Introduce participants to the field of Positive Psychology Coaching
- Provide an overview of the current research on the science of flourishing
- Review current research on values, strengths and meaning
- Apply Positive Psychology Coaching within the workplace
- Provide ample opportunity for participants to self-reflect and action plan for enhanced transfer of training
- Observe an in-vivo coaching session
- Practice application of knowledge into a co-coaching session

**DR SUZY GREEN** is a Clinical and Coaching Psychologist (MAPS) and Founder & CEO of The Positivity Institute, a positively deviant organisation dedicated to the research and application of Positive Psychology for life, school and work. She is a leader in the complementary fields of Coaching Psychology and Positive Psychology having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy was the recipient of an International Positive Psychology Fellowship Award and has published in the Journal of Positive Psychology. She lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology. Suzy also currently holds Honorary Academic positions at the Centre for Positive Psychology, University of Melbourne, the Black Dog Institute and she is an Affiliate of the Institute for Well-Being, Cambridge University. Suzy was the Stress-less Expert for Australian Women's Health Magazine and the Positive Psychology Expert for Muse Magazine. Suzy is an official ambassador for the Starlight Children's Foundation and she maintains a strong media profile appearing on television, radio and in print.

### LOGISTICS

#### VENUE

The event is held at NCVO, Regents Wharf, 8 All Saints Street, London N1 9RL

#### DATE

Wednesday 18th September 2019

#### TIME

The masterclass runs from 10.00 am to 5:00 pm

#### 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.