
THE

POSITIVE PSYCHOLOGY COACH CERTIFICATION

PROSPECTUS | OCTOBER 2022



THE POSITIVE PSYCHOLOGY COACH CERTIFICATION

Get certified as a Positive Psychology Coach in as little as 8 weeks, even if you don't have any prior experience or qualifications.

This applied and hands-on certification is designed to teach you the science of positive psychology, the fundamentals of excellence in coaching, and how to apply the science to your clients from any niche with any goal.





Hey, I'm Kirsty!

**INTERNATIONAL POSITIVE PSYCHOLOGIST
AND COACH WITH OVER 10 YEARS OF
EXPERIENCE IN THE PSYCHOLOGICAL AND
TEACHING WORLD, INCLUDING EXTENSIVE
EXPERIENCE IN THE NHS AND
PSYCHOLOGICAL SERVICES.**

Over the past two years, I've coached dozens of women from around the world to help them unlock their highest ever cash months, double their annual revenue, start and expand new businesses, and enrol more clients than ever before... all whilst seeing their self-confidence, personal power, joy, their relationships skyrocket through the roof.

The Positive Psychology Coaching Certification programme was born out of my passion for psychology, optimal wellbeing, and excellence in coaching. In a world where the title of 'coach' is unregulated, it is becoming more and more important to show your clients that you take yourself and their progress seriously.

This course combines my extensive experience, my Master's degree, and my time spent within various psychological services to help you become a masterful coach who can have the confidence to say they work with ethics, integrity and excellence in all angles of their coaching work. From mastering your client-coach relationship and holding space effectively, to knowing what questions to ask, what tools to use and what to explore with your client, you'll be leaving this programme with all the skills you need to stand out above the rest in your coaching niche.

I can't wait to see you inside so that we can start changing lives together, one incredible conversation at a time.

WITH LOVE AND GRATITUDE,

Kirsty x

What's included?

HERE'S WHAT'S INSIDE YOUR CERTIFICATION JOURNEY

Across the span of 8 weeks, you're going to change your own life and be ready change the lives of others, too. Here's how!

- Our comprehensive curriculum consisting of 80+ hours of ready-to-watch module material
- 24+ hours of coaching practice, 8 hours of which are your own coaching hours where you will experience a personal transformation
- Recommended reading lists from leading authors and researchers in the coaching and Positive Psychology space
- 8 LIVE 1.5 hour teaching and coaching sessions with Kirsty
- 50 scientifically validated Positive Psychology assessments and interventions ready to use with your own clients
- Module checklists and homework to consolidate your learning and facilitate your own transformation
- Course assessment for certification
- CPD community access for ongoing support and development
- Leave with a ready-to-offer Positive Psychology coaching programme
- BONUS: Business Brilliance module consisting of teachings from guest industry experts on how to brand, market and sell your Positive Psychology coaching services

VIP Upgrades:

- 3 one-to-one coaching sessions with Kirsty for you to use throughout your course
- Private Slack (instant messaging) support for the duration of your studies

Curriculum breakdown

THE PPCC IS A HYBRID OF READY-TO-CONSUME TEACHING MATERIALS AND LIVE GROUP TEACHINGS ACROSS THREE MODULES

CORE MODULES READY TO ACCESS UPON ENROLMENT:

Welcome and Orientation

- An introduction to the course and your instructor
- Your getting started checklist
- Recommended reading list
- Positive Psychology Assessments for students
- Guidelines and expectations
- Course outline, assessments and timelines

Core Module 1: Coaching Skills and Coaching Excellence

- Coaching foundations and competencies
- Ethics and best practices
- Coaching tools
- Coaching models and frameworks
- Solutions-focussed coaching
- Relationships in coaching
- Your coaching philosophy
- Coaching session planner

Core Module 2: The Science of Positive Psychology

- An introduction to Positive Psychology
- Measuring and understanding the facets of wellbeing
- Positive Psychology assessments and interventions

Core Module 3: Positive Psychology Coaching

- What is Positive Psychology Coaching?
- Positive Psychology coaching questions
- Understanding and using PERMA-H

Week 1: Coaching skills

- Goal setting and monitoring success
- Infusing Positive Psychology into your current coaching or workplace
- Live teaching and coaching practice

Week 2: Positive Emotions

- What we mean by 'positive emotions'?
- The Broaden and Build Theory of positive emotions
- Forgiveness and compassion
- Assessments and interventions
- Live teaching and coaching practice

Week 3: Engagement

- Flow theory
- Strengths theory
- Savouring and Mindfulness
- Assessments and interventions
- Live teaching and coaching practice

Week 4: Relationships

- Michelangelo effect
- Random acts of kindness
- Belonging
- Assessments and interventions
- Live teaching and coaching practice

Week 5: Meaning and Purpose

- Values
- Using your passion for the greater good
- Connecting to spirituality and/or purposes beyond the self
- Assessments and interventions
- Live teaching and coaching practice

Week 6: Accomplishment and Achievement

- Hope theory
- Growth mindset
- Goal-setting tools and success monitoring
- Assessments and interventions
- Live teaching and coaching practice

Week 7: Health and Vitality

- Nutrition
- Sleep
- Movement
- Peak state
- Self-care
- Assessments and interventions
- Live teaching and coaching practice

Week 8: Integration

- Masterclass on Positive Psychology Coaching
- Your Positive Psychology Coaching package to use with clients

BONUS MODULE: Business Brilliance

- How to build funnels that convert
- How to brand and sell
- How to market and sell like a professional



How do I get certified?



THE MOST IMPORTANT ASPECT OF THE CERTIFICATION IS THE HANDS-ON APPLICATION OF SKILLS, SCIENCE AND INTERVENTIONS.

To get certified as a Positive Psychology Coach, there are four main points of assessment through the programme. These assessment points are designed to help you showcase your knowledge and skills as well as consolidate your learning in a more effective way. Your four points of assessment are:



To complete and log 8 coaching hours within your coaching triad



Record and submit one 30-minute coaching conversation (in-person or online)



Create a 15-minute presentation or workshop about Positive Psychology (which you can then use to deliver with your own clients, use as a lead magnet, lead a group with - anything you like!)



Submit a written plan or hypothetical proposal of how to integrate Positive Psychology Coaching into a niche of your choice



How long do I have to submit the assessments?

You'll be given a few weeks after the end of the live calls to get everything together; however, you're also welcome to start on them sooner through the course if you prefer. We recommend not starting too soon, though, to ensure you've learnt and practised as much as possible before completing your assessments.

Can I use my own paid coaching clients for the 8 hours of coaching?

We ask that you coach your course mates within your triads to avoid any unfair disadvantages and to ensure everyone get the coaching hours needed.

How much study time is needed?

There is around 20 hours of material to consume ahead of the first coaching call. Then, in addition to the 1.5 hours a week of live calls, we also recommend allowing 4-8 hours per week of study.

Do I need to attend the live calls?

For the 8 weeks of live calls, we ask that you do attend the classes live for a better learning experience, as the content of the calls are designed to be immersive and group-based, including break-out rooms and mini coaching practices.

Are there any additional costs?

The investment of the course comprehensively covers what is needed to get certified as a Positive Psychology Coach. However, there may be some additional costs you may wish to invest in including: the purchase or some of the recommended reading books, a Zoom license if you wish to practice your coaching using Zoom.

What happens after I'm certified?

You'll be added to the PPCC community of graduates where you'll be able to support one another, get links and access to resources to keep your practice up-to-date, and where I will pop in to give guidance on any questions you might have.

Ready to go?!

YOUR COHORT BEGINS OCTOBER 2022. ALL YOU NEED TO DO IS APPLY, ENROL, TREAT YOURSELF TO A NEW NOTEBOOK, AND WORK THROUGH THE VALUE-PACKED CONTENT.

Best value

Pay-in-full

Save 10% with an upfront investment of:

£1500

Most popular

Flexi Pay

Make 3 monthly payments of:

£550

Get started for less

Super Flexi Pay

Make 6 monthly payments of:

£275

Upgrade

VIP

One additional payment of:

£797

Or 3 monthly payments of:

£292

JOIN THE WAITLIST

GOT QUESTIONS? DM ME!