

ICW2020
INTERNATIONAL COACHING WEEK

Positive Psychology in Coaching



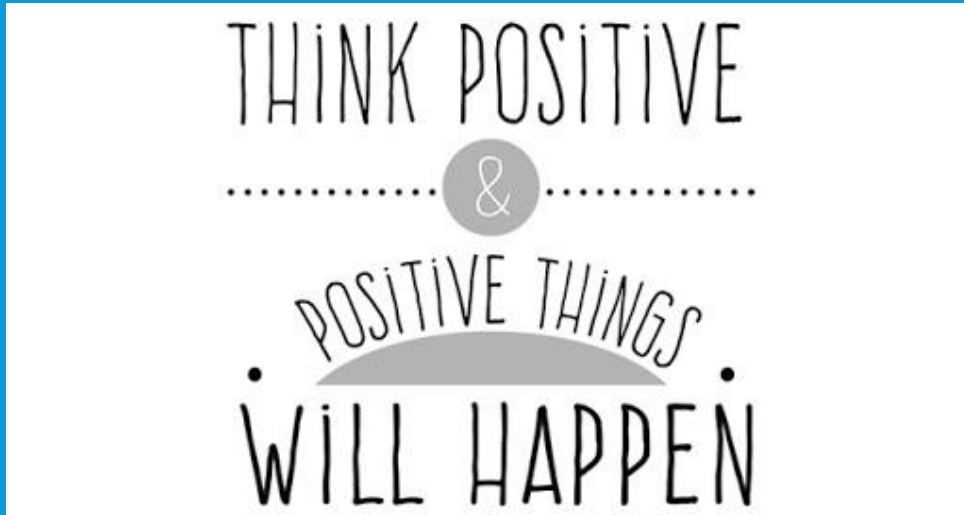
Asian Center for Applied Positive Psychology

1. From PP to coaching
2. Leverage on what is right in the world
3. Inspire Hope
4. Coaching mindfully



PP is the science of the art of living ICW2020

IS NOT



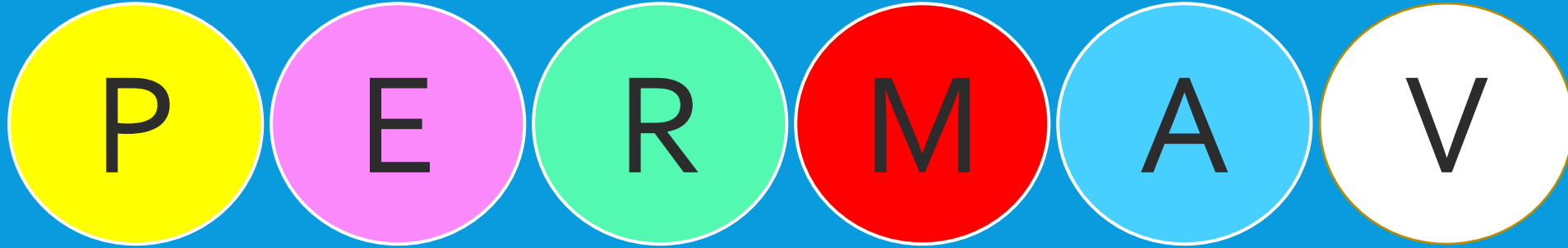
Focus is on

- human flourishing and wellbeing
- what is right in the world
- strengths and virtues
- what keeps people moving forward



Living well ...

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Positive Emotions

Engagement

Relationships

Meaning

Achievement

Vitality

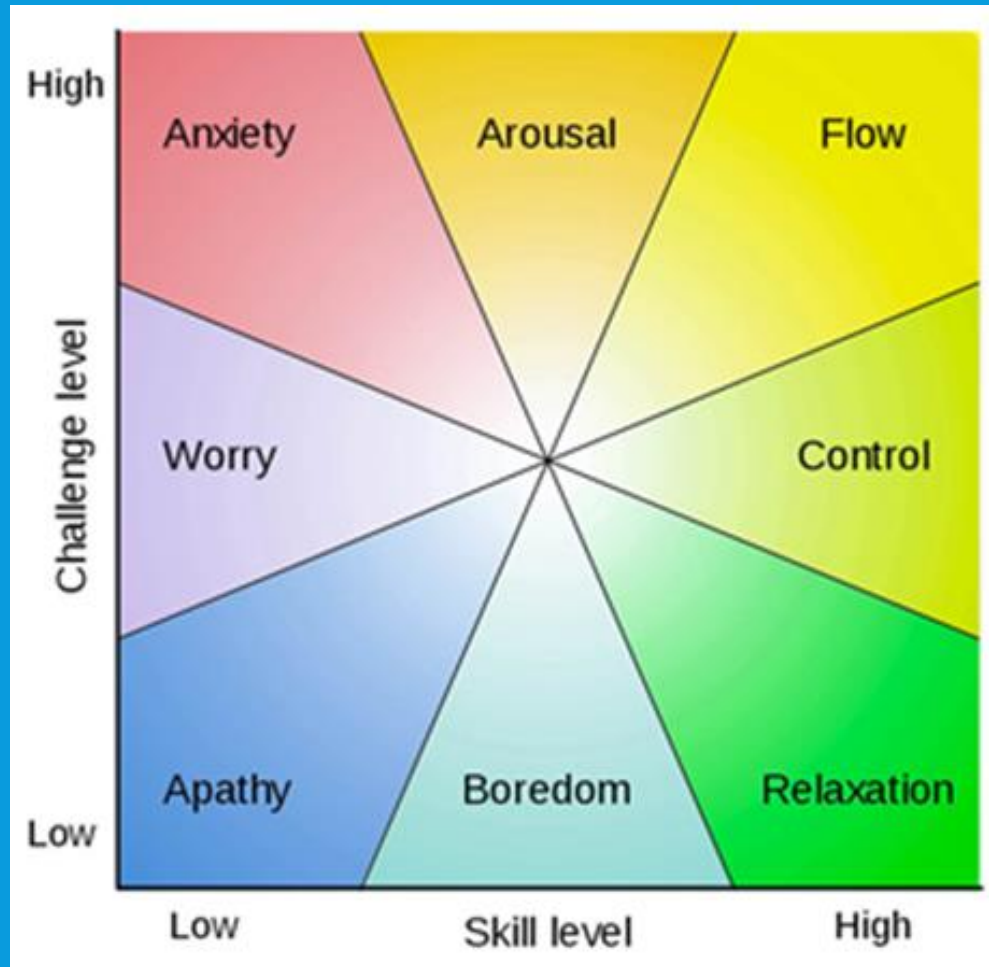


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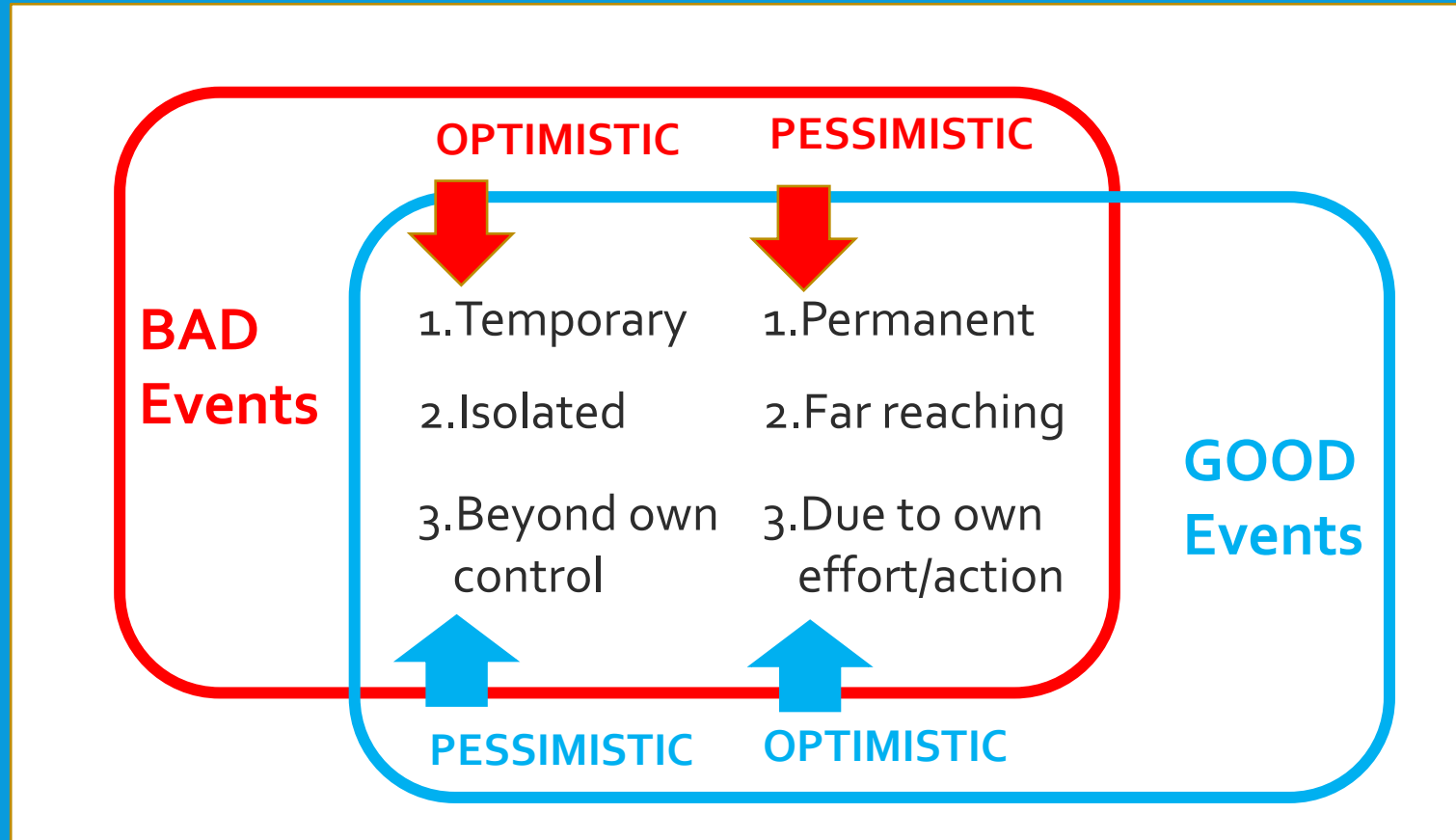
Striving and thriving ...

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Looking ahead ...

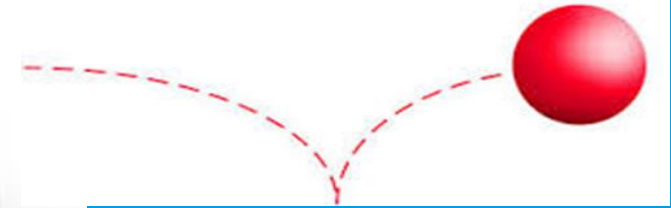
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Pursuing goals and facing challenges ...ICW2020



Resilience



Way Forward + Will leads to Goal visualisation

Suffering and growing ...

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Problems bring up feelings in us that existed before the problem ever happened



Forms of Post Traumatic Growth



A. Foundation

1. Demonstrates ethical practice
2. Embodies a coaching mindset

B. Co-creating the Relationship

3. Establishes and maintains agreements
4. Cultivates trust and safety
5. Maintains presence

C. Communicating effectively

6. Listens actively
7. Evokes awareness

D. Cultivating learning and growth

8. Facilitates client growth

- a. Character strengths
- b. Mindfulness
- c. Curiosity

- a. Empathy
- b. Emotional intelligence
- c. Positive relationship
- d. High quality connection

- a. Active constructive response
- b. Appreciative inquiry
- c. Mindfulness
- d. Authenticity

- a. Hope, optimism, resilience
- b. Grit, goal and achievement
- c. Meaning and purpose

So what ...?

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What the world expects...

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- **Cognizance** of bias
- **Courage** to take risks
- **Commitment** to stay the course

Figure 1. The six signature traits of an inclusive leader



- **Curiosity** promotes growth
- **Cultural intelligence** to see same yet different
- **Collaboration** to bring on synergy from diversity

What people need....

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“We felt so lonely in the crowd. And now we feel so connected in isolation.”

~ Hrishikesh Agnihotri



“Be positive and stop negative thinking and the **key** to stop **negative thoughts** in this hour of crisis of COVID-19, is to **spread your love and positive energy** in every direction for the well-being of the whole humanity.”

~ Amit Ray



Coaching connects ... better w PP

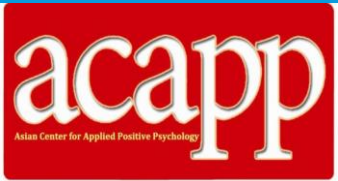
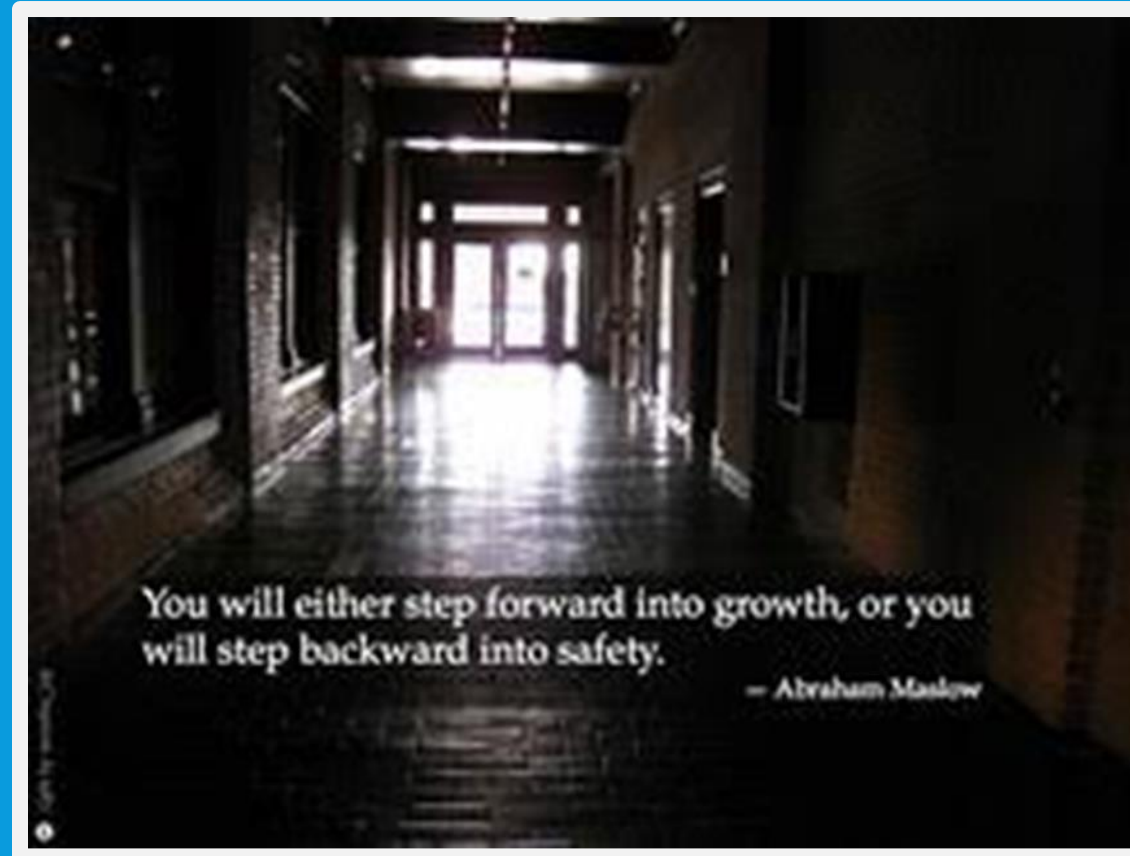
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- Authenticity
- Empathy
- Compassion
- Mindfulness
- High quality connections



We've only just begun ...

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Sulynn Choong
Founder, Chief Engagement Officer
Asian Center for Applied Positive Psychology