

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success

By Robert Biswas-Diener

Download now

Read Online →

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener


Discover proven strategies for applying positive psychology within your coaching practice

Written by Robert Biswas-Diener, a respected researcher, psychologist, life and organizational coach, and expert in positive psychology, *Practicing Positive Psychology Coaching* presents a wide range of practical interventions and tools you can put to use right away in your coaching practice.

Each intervention is clearly outlined and, where appropriate, illustrated by case studies from organizational and life coaching. Providing unique assessments that can be used to evaluate client resources and goals, this practical guide introduces tools unique to this book that every professional can use in their practice, including:

- Findings from new research on goal commitment strategies, motivation, growth-mindset theory, and goal revision
- A decision tree for working specifically with Snyder's Hope Theory in the coaching context
- An easy-to-use assessment of "positive diagnosis," which measures client strengths, values, positive orientation toward the future, and satisfaction
- Measures of self-esteem, optimism, happiness, personal strengths, motivation, and creativity
- Guidance for leading clients through organizational and common life transitions including layoffs, leadership changes, university graduation, middle age, and retirement

Filled with reflective exercises for use in your own personal and professional development, *Practicing Positive Psychology Coaching* also includes guidance and recommendations for marketing a positive psychology coaching practice.

 [Download Practicing Positive Psychology Coaching: Assessmen ...pdf](#)

 [Read Online Practicing Positive Psychology Coaching: Assessm ...pdf](#)

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success

By Robert Biswas-Diener

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener

Discover proven strategies for applying positive psychology within your coaching practice

Written by Robert Biswas-Diener, a respected researcher, psychologist, life and organizational coach, and expert in positive psychology, *Practicing Positive Psychology Coaching* presents a wide range of practical interventions and tools you can put to use right away in your coaching practice.


Each intervention is clearly outlined and, where appropriate, illustrated by case studies from organizational and life coaching. Providing unique assessments that can be used to evaluate client resources and goals, this practical guide introduces tools unique to this book that every professional can use in their practice, including:

- Findings from new research on goal commitment strategies, motivation, growth-mindset theory, and goal revision
- A decision tree for working specifically with Snyder's Hope Theory in the coaching context
- An easy-to-use assessment of "positive diagnosis," which measures client strengths, values, positive orientation toward the future, and satisfaction
- Measures of self-esteem, optimism, happiness, personal strengths, motivation, and creativity
- Guidance for leading clients through organizational and common life transitions including layoffs, leadership changes, university graduation, middle age, and retirement

Filled with reflective exercises for use in your own personal and professional development, *Practicing Positive Psychology Coaching* also includes guidance and recommendations for marketing a positive psychology coaching practice.

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener Bibliography

- Sales Rank: #227611 in Books
- Published on: 2010-09-07
- Released on: 2010-08-18
- Original language: English
- Number of items: 1
- Dimensions: 10.80" h x .50" w x 8.40" l, .98 pounds
- Binding: Paperback
- 171 pages

 [Download Practicing Positive Psychology Coaching: Assessmen ...pdf](#)

 [Read Online Practicing Positive Psychology Coaching: Assessm ...pdf](#)

Download and Read Free Online Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener

Editorial Review

From the Back Cover

Discover proven strategies for applying positive psychology within your coaching practice

Written by Robert Biswas-Diener, a respected researcher, psychologist, life and organizational coach, and expert in positive psychology, *Practicing Positive Psychology Coaching* presents a wide range of practical interventions and tools you can put to use right away in your coaching practice.

Each intervention is clearly outlined and, where appropriate, illustrated by case studies from organizational and life coaching. Providing unique assessments that can be used to evaluate client resources and goals, this practical guide introduces tools unique to this book that every professional can use in their practice, including:

- Findings from new research on goal commitment strategies, motivation, growth-mindset theory, and goal revision
- A decision tree for working specifically with Snyder's Hope Theory in the coaching context
- An easy-to-use assessment of "positive diagnosis," which measures client strengths, values, positive orientation toward the future, and satisfaction
- Measures of self-esteem, optimism, happiness, personal strengths, motivation, and creativity
- Guidance for leading clients through organizational and common life transitions including layoffs, leadership changes, university graduation, middle age, and retirement

Filled with reflective exercises for use in your own personal and professional development, *Practicing Positive Psychology Coaching* also includes guidance and recommendations for marketing a positive psychology coaching practice.

About the Author

Dr. Robert Biswas-Diener is known as the "Indiana Jones of positive psychology," because his studies on strengths and happiness have taken him to such far-flung destinations as Greenland, Spain, Kenya, Israel, and India. He is the coauthor, with Ben Dean, of *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients* (published by Wiley) and, with his father, Ed Diener, of *Happiness: Unlocking the Mysteries of Psychological Wealth*, (published by Wiley-Blackwell). In 2005 Dr. Biswas-Diener founded Positive Psychology Services, LLC, a training and coaching consultancy. He and his colleagues train thousands of professionals in approximately 15 countries annually.

Users Review

From reader reviews:

Charlene Martinez:

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success can be one of your beginner books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but still

delivering the information. The article writer giving his/her effort to put every word into delight arrangement in writing *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* however doesn't forget the main position, giving the reader the hottest and based confirm resource info that maybe you can be one of it. This great information may draw you into brand new stage of crucial thinking.

Deana Smith:

Your reading sixth sense will not betray you actually, why because this *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* guide written by well-known writer we are excited for well how to make book that could be understand by anyone who have read the book. Written in good manner for you, dripping every ideas and creating skill only for eliminate your own hunger then you still hesitation *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* as good book not only by the cover but also by content. This is one e-book that can break don't evaluate book by its deal with, so do you still needing another sixth sense to pick that!? Oh come on your studying sixth sense already told you so why you have to listening to another sixth sense.

Brooke Callender:

The book untitled *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* contain a lot of information on that. The writer explains her idea with easy technique. The language is very simple to implement all the people, so do not really worry, you can easy to read the idea. The book was published by famous author. The author gives you in the new period of literary works. You can actually read this book because you can read on your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice study.

Deanne Mohammed:

Do you like reading a guide? Confuse to looking for your chosen book? Or your book had been rare? Why so many query for the book? But virtually any people feel that they enjoy regarding reading. Some people likes reading, not only science book but in addition novel and *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* or maybe others sources were given understanding for you. After you know how the great a book, you feel would like to read more and more. Science guide was created for teacher or perhaps students especially. Those publications are helping them to bring their knowledge. In additional case, beside science publication, any other book likes *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* to make your spare time more colorful. Many types of book like this.

Download and Read Online *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* By

Robert Biswas-Diener #X56LYJRG02Q

Read Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener for online ebook

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener books to read online.

Online Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener ebook PDF download

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener Doc

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener Mobipocket

Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener EPub

X56LYJRG02Q: Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success By Robert Biswas-Diener