PSYO8963

Coaching and Positive Psychology

Session 1, Intensive attendance, North Ryde 2021

Archive (Pre-2022) - Department of Psychology

Contents

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Notice

As part of Phase 3 of our return to campus plan, most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face activities for your unit, please go to timetable viewer. To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

General Information

Unit convenor and teaching staff
Lecturer
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By appointment

Lecturer
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Lecturer
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Credit points
10

Prerequisites
Admission to MClinPsych or MOrgPsych or MProfPsych

Corequisites

Co-badged status

Unit description
Coaching is a relatively new and rapidly expanding approach to achieving rapid and lasting change. It has been enthusiastically embraced by practitioners, organisations and individuals and is used by coaching, organisational, clinical, health and counselling psychologists. This unit introduces students to the key theories and research underpinning coaching and positive psychology. It differentiates coaching from counselling, therapy and mentoring. Topics covered include the basics of motivational interviewing, the developmental pipeline, coaching micro-skills, ethical issues as they relate to coaching, the use of positive psychology in coaching, and coaching throughout the career span. Students interested in vocational counselling, leadership coaching, or employee coaching would find this unit useful.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at https://www.mq.edu.au/study/calendar-of-dates

Learning Outcomes

On successful completion of this unit, you will be able to:

ULO1: Demonstrate the ability to identify at which stage of the developmental pipeline a coaching client is restricted.

ULO2: Demonstrate the ability to develop a coaching plan for a coachee.

ULO3: Explain the role of coaching across the employee lifecycle.

ULO4: Use critical analysis skills to determine the relevance of particular coaching approaches to different clients.

ULO5: Demonstrate the interpersonal and communication skills necessary for coaching.

Assessment Tasks

Name	Weighting	Hurdle	Due
Mini Coaching Session	50%	No	23/04/2021
Coaching across the career span	50%	No	11/06/2021

Mini Coaching Session

Assessment Type [1]: Practice-based task
Indicative Time on Task [2]: 44 hours
Due: **23/04/2021**
Weighting: **50%**

Audio recording of an initial real-life coaching session with clients – 15 minutes

On successful completion you will be able to:

- Demonstrate the ability to identify at which stage of the developmental pipeline a coaching client is restricted.
- Demonstrate the ability to develop a coaching plan for a coachee.
- Demonstrate the interpersonal and communication skills necessary for coaching.

Coaching across the career span

Assessment Type [1]: Case study/analysis
Indicative Time on Task [2]: 44 hours
Due: **11/06/2021**
Weighting: **50%**

Analysis of four vignettes including the details of clients at different career stages – 1500 words

On successful completion you will be able to:

- Demonstrate the ability to identify at which stage of the developmental pipeline a coaching client is restricted.
- Explain the role of coaching across the employee lifecycle.
- Use critical analysis skills to determine the relevance of particular coaching approaches to different clients.

[1] If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the Writing Centre for academic skills support.

[2] Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

This unit will involve: online lectures, online activities, weekly reading and face-to-face workshops

Policies and Procedures

Macquarie University policies and procedures are accessible from Policy Central (https://policies.mq.edu.au). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- Academic Appeals Policy
- Academic Integrity Policy

- Academic Progression Policy
- Assessment Policy
- Fitness to Practice Procedure
- Grade Appeal Policy
- Complaint Management Procedure for Students and Members of the Public
- Special Consideration Policy

Students seeking more policy resources can visit Student Policies (https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit Policy Central (https://policies.mq.edu.au) and use the search tool.

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/admin/other-resources/student-conduct

Results

Results published on platform other than eStudent, (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in eStudent. For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Student Support

Macquarie University provides a range of support services for students. For details, visit http://students.mq.edu.au/support/

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

- Getting help with your assignment
- Workshops
- StudyWise
- Academic Integrity Module

The Library provides online and face to face support to help you find and use relevant information resources.

- Subject and Research Guides
- Ask a Librarian

Student Services and Support

Students with a disability are encouraged to contact the Disability Service who can provide appropriate help with any issues that arise during their studies.

Student Enquiries

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the Acceptable Use of IT Resources Policy. The policy applies to all who connect to the MQ network including students.