PSYB8963
Coaching and Positive Psychology
Session 1, Intensive attendance, North Ryde 2021

Department of Psychology

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Disclaimer
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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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4 First Walk, Level 5, Room 509
By appointment

Lecturer
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Lecturer
Gavin Hazel
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Credit points
10

Prerequisites
Admission to GradCertBusPsy or GradDipBusPsy

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://students.mq.edu.au/important-dates

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

UL01: Demonstrate an understanding of the developmental pipeline by applying it appropriately for coaching clients.
UL02: Apply the GROW model of coaching in the creation of a coaching plan for a coachee
UL03: Explain the role of coaching across the employee lifecycle and theories of career stages
UL04: Critically analyse the particular coaching approaches as applied to different clients
UL05: Demonstrate the interpersonal and communication skills necessary for coaching

Assessment Tasks

<table>
<thead>
<tr>
<th>Name</th>
<th>Weighting</th>
<th>Hurdle</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Coaching Session</td>
<td>50%</td>
<td>No</td>
<td>23/04/2021</td>
</tr>
<tr>
<td>Coaching across the career span</td>
<td>50%</td>
<td>No</td>
<td>11/06/2021</td>
</tr>
</tbody>
</table>

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 an understanding of the developmental pipeline by applying it appropriately for coaching clients.
- Apply the GROW model of coaching in the creation of 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 three vignettes including the details of clients at different career stages – 1500 words

On successful completion you will be able to:
- Demonstrate an understanding of the developmental pipeline by applying it appropriately for coaching clients.
- Explain the role of coaching across the employee lifecycle and theories of career stages
- Critically analyse the particular coaching approaches as applied 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 Learning Skills Unit 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://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central). Students should be aware of the following policies in particular with regard to Learning and Teaching:
Student Support

- 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 *(Note: The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.)*

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

If you would like to see all the policies relevant to Learning and Teaching visit Policy Central (http://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central).

**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.
Student Enquiry Service
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

Equity 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.

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.