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

Department of Psychology

Contents

General Information 2
Learning Outcomes 3
Assessment Tasks 3
Delivery and Resources 4
Policies and Procedures 4

Disclaimer
Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

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.

https://unitguides.mq.edu.au/unit_offerings/134049/unit_guide/print
## General Information

**Unit convenor and teaching staff**

**Lecturer**
- Monique Crane
  - Email: monique.crane@mq.edu.au
  - Contact via Email
  - Office: 4 First Walk, Level 5, Room 509
  - By appointment

**Lecturer**
- Samantha Falon
  - Email: samantha.falon@mq.edu.au
  - Contact via Email
  - Office: 4 First Walk, Level 4, Room 403
  - By appointment

**Lecturer**
- Gavin Hazel
  - Email: gavin.hazel@mq.edu.au
  - Contact via Email
  - Office: 4 First Walk, Level 4, Room 424
  - By appointment

**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](https://students.mq.edu.au/important-dates)

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

- **ULO1**: Demonstrate an understanding of the developmental pipeline by applying it appropriately for coaching clients.
- **ULO2**: Apply the GROW model of coaching in the creation of a coaching plan for a coachee
- **ULO3**: Explain the role of coaching across the employee lifecycle and theories of career stages
- **ULO4**: Critically analyse the particular coaching approaches as applied to different clients
- **ULO5**: 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:
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 (https://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.

---

**Unit guide** PSYB8963 Coaching and Positive Psychology
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.