



# PSYB8963

## Coaching and Positive Psychology

Session 1, In person-scheduled-intensive, North Ryde 2022

*School of Psychological Sciences*

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## General Information

Unit convenor and teaching staff

Unit co-ordinator

Monique Crane

[monique.crane@mq.edu.au](mailto:monique.crane@mq.edu.au)

Rm 2.366, Australian Hearing Hub, Level 2, North Wing

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://www.mq.edu.au/study/calendar-of-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

## General Assessment Information

*Late submissions, without an approved extension, will receive a 5% per day penalty including weekends and public holidays. No late submissions will be accepted more than 5 days after the submission deadline, unless special consideration has been granted.*

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Mini Coaching Session</a>	50%	No	2/04/2022, 12am
<a href="#">Coaching across the career span</a>	50%	No	13/06/2022, 12am

### Mini Coaching Session

Assessment Type <sup>1</sup>: Practice-based task

Indicative Time on Task <sup>2</sup>: 44 hours

Due: **2/04/2022, 12am**

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 <sup>1</sup>: Case study/analysis

Indicative Time on Task <sup>2</sup>: 44 hours

Due: **13/06/2022, 12am**

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
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<sup>1</sup> 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.

<sup>2</sup> 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 a combination of on-line lectures and video demonstrations, face-to face workshops, and weekly reading.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://policies.mq.edu.au) (<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](#)
- [Assessment Procedure](#)
- [Complaints Resolution 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) (<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) (<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](http://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

## Student Support

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

## The Writing Centre

[The Writing Centre](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the 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

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault

- [Social support including information about finances, tenancy and legal issues](#)

## Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](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.