

POSITIVE COACHING

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Does Coaching Work?

(Grant et al, 2009)

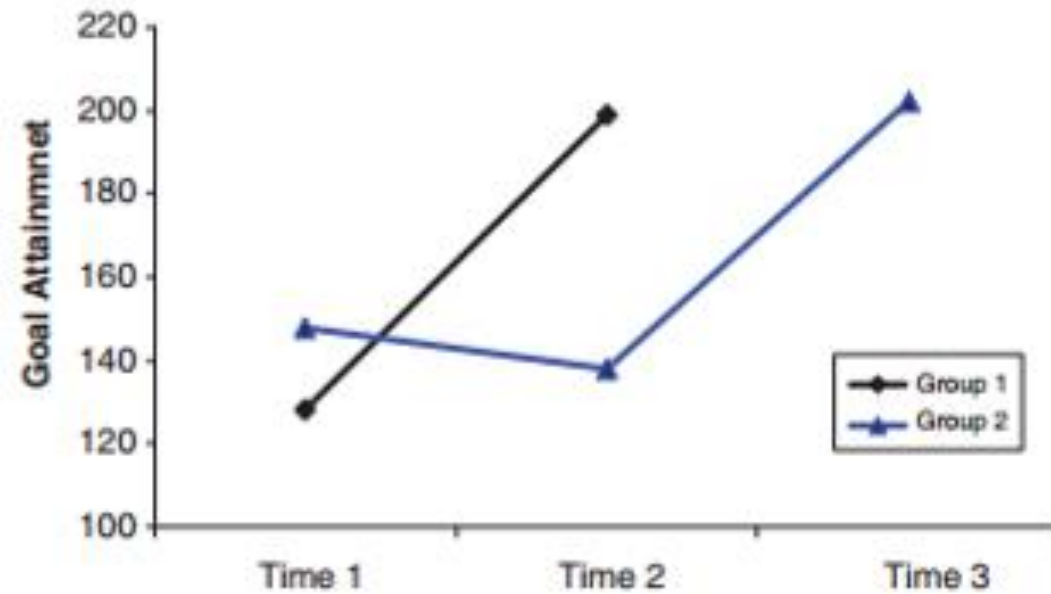
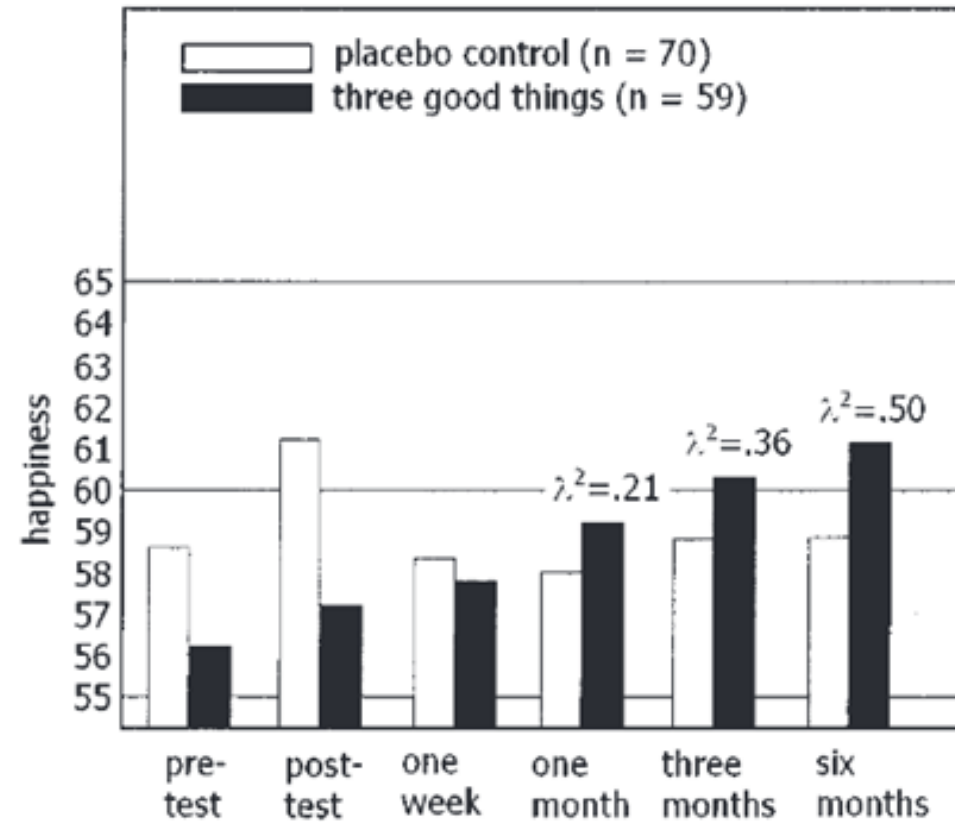


Figure 2. Goal attainment for groups across time.

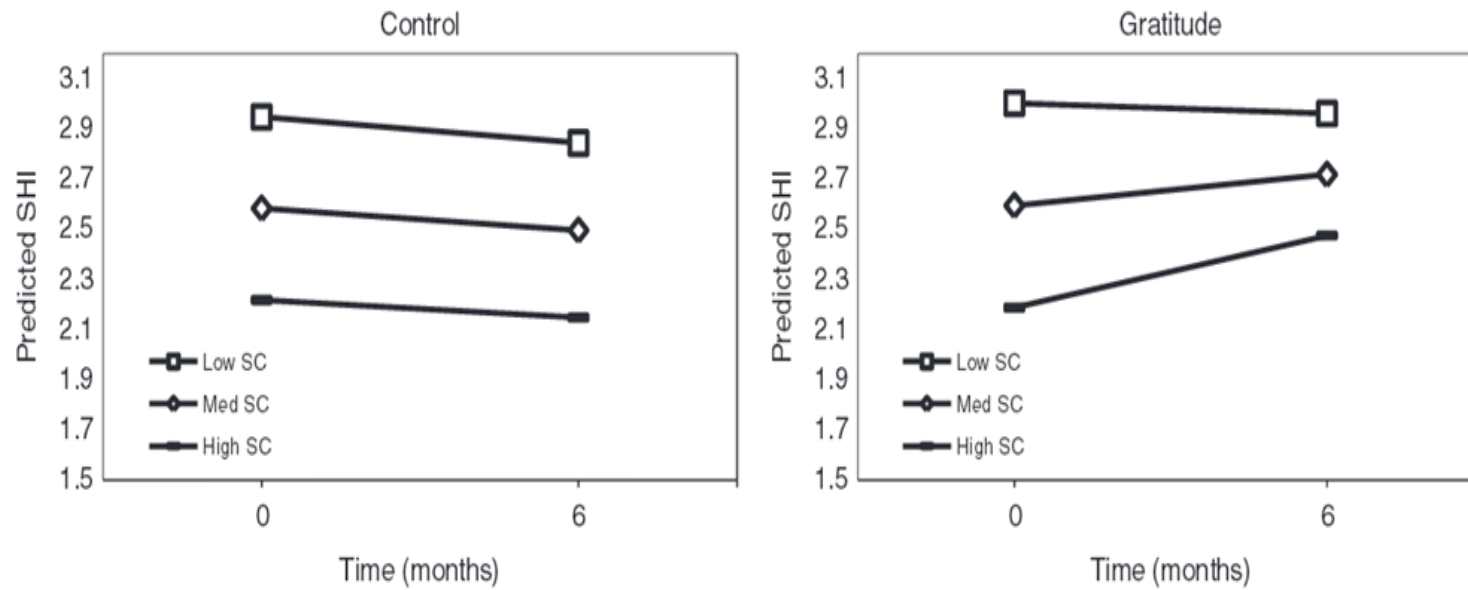
4 issues for positive psychology

1. Evaluate the outcomes of interventions in terms other than happiness
2. Add a focus on group level well-being to our current emphasis on individual well-being
3. Pay greater attention to contextual factors related to the effectiveness of interventions
4. Find better ways for non-scientists to interact with this science in a responsible and useful way

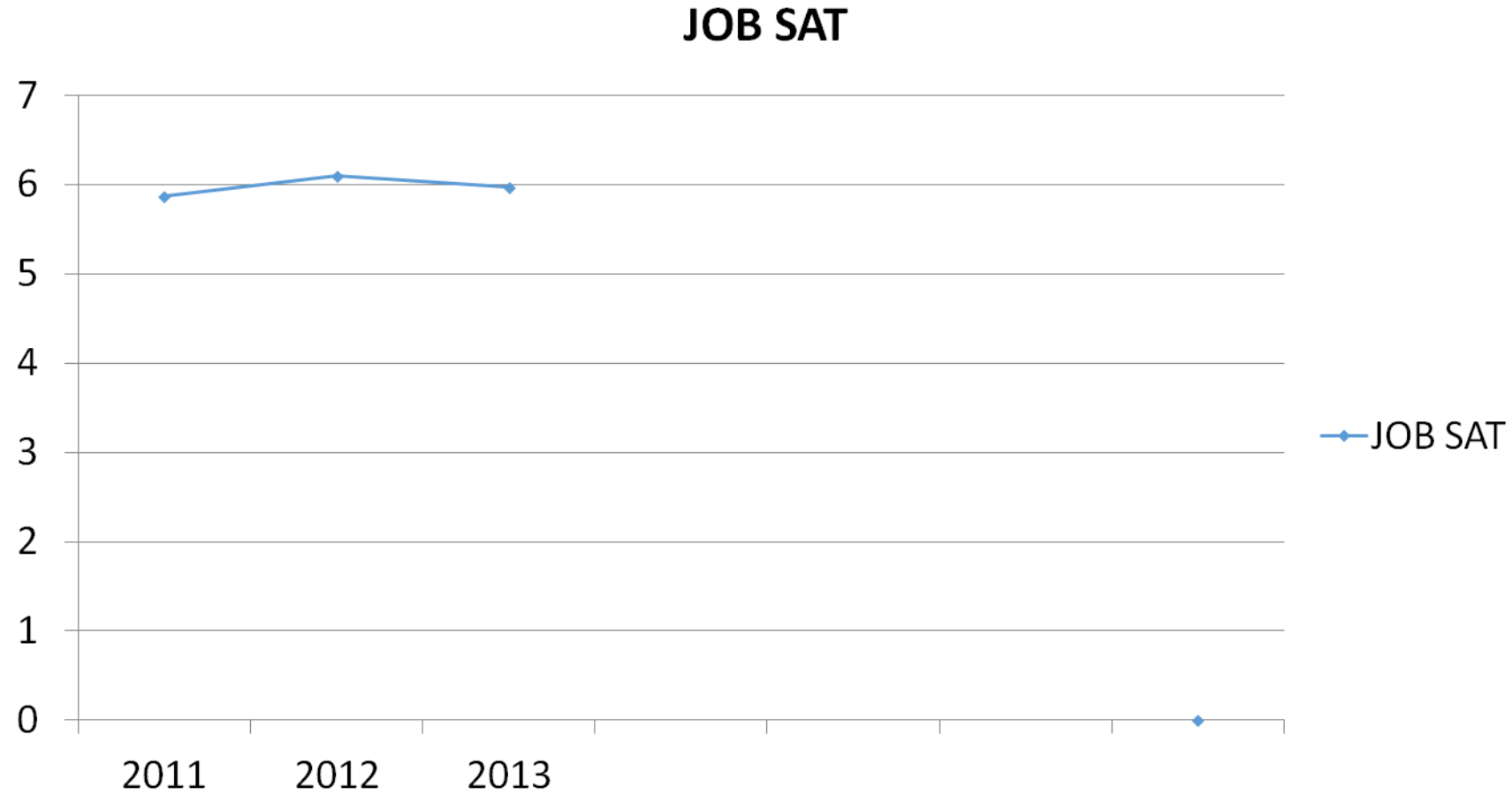
Seligman, Steen, Park & Peterson (2005)



Sergeant & Mongrain (2011)



Ruby Receptionists Overall Job Satisfaction



Ruby Receptionists

	OVERALL JOB SATISFACTION
PAY AND BENEFITS	.41
ORGANIZATIONAL CULTURE	.62
TASKS OF THE JOB	.75
OPPORTUNITIES TO USE STRENGTHS	.78
MY VOICE IS HEARD AT WORK	.58

Resources

- www.nobaproject.com
- www.robertdiener.com
- www.positiveacorn.com

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