Coaching for Wellbeing, 13.05.2027, 09:30-16:30 (online), £150

Lead Facilitator: Mark Adams CPsychol AFISCP (Accred)

How can I use psychology-informed coaching approaches to support either myself or other adults/young adults to reflect on, maintain and/or enhance their wellbeing?

This workshop will support participants to develop a **toolbox of practical, psychology-informed models & strategies** that we can apply to support maintenance of, reflection on, and improvement of our own or others' wellbeing. The session is aimed at coaches, psychologists, and education practitioners who may have an interest or investment in helping other adults/young adults in relation to wellbeing. The methods covered draw upon a combination of tools and principles informed by coaching psychology and positive psychology.

The session will cover:

- What is wellbeing?
- Dimensions of wellbeing.
- Coaching for wellbeing.
- Seligman's PERMA model of wellbeing, and PERMA+4
- Applying Seligman's PERMA model in coaching for wellbeing.
- Ethical and systemic considerations in coaching for wellbeing.
- Other evidence-based interventions that can be used when coaching for wellbeing.
- Practical resources to support coaching for wellbeing.

To book a place, please visit the APS website:
https://www.aspenpsychologyservices.co.uk/book-a-place-on-an-event.html

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