

POSITIVE PSYCHOLOGY
COACH CERTIFICATION

Our Prospectus

Let Us Teach You How To Become A Positive
Psychology Certified Coach!

This integrative, practical & results-focused positive
psychology certification will guide you & your
clients to higher levels of joy, personal power, and
fulfillment!

Our Mission

We are committed to getting the powerful tools from the science of positive psychology into the hands of leaders like you so you can create more positive change for yourself, your family, your clients, businesses, and our world.

The PPCA mission is to:

- Help more people feel better more of the time
- Activate more leaders in coaching and entrepreneurship
- Support more mastery within the coaching industry
- Save more lives
- Give people HOPE!

Our Values

- Excellence & Mastery
- Contribution
- Growth & Transformation
- Integration
- Joy and Gratitude

Hi. I'm Niyc

Award-Winning Positive Psychologist MSc. Best Selling Hay House Author of "Now Is Your Chance - A 30-Day Guide To Living Your Happiest Life Using Positive Psychology". and Triple Certified High-Performance Coach.

I've made it my life's work to help people create personal and business transformation using positive psychology and coaching - I've been working in both of these fields for more than a decade now. have helped 10,000 coaches create success faster - and touched tens of millions of people through my work.

I hold a Masters Degree In the science of Positive Psychology (MAPP), a BSc in Psychology with Sport Sciences, and a teaching qualification for higher education learning. I am an active member of the International Positive Psychology Association and have led more than 4000 hours of coaching with clients.

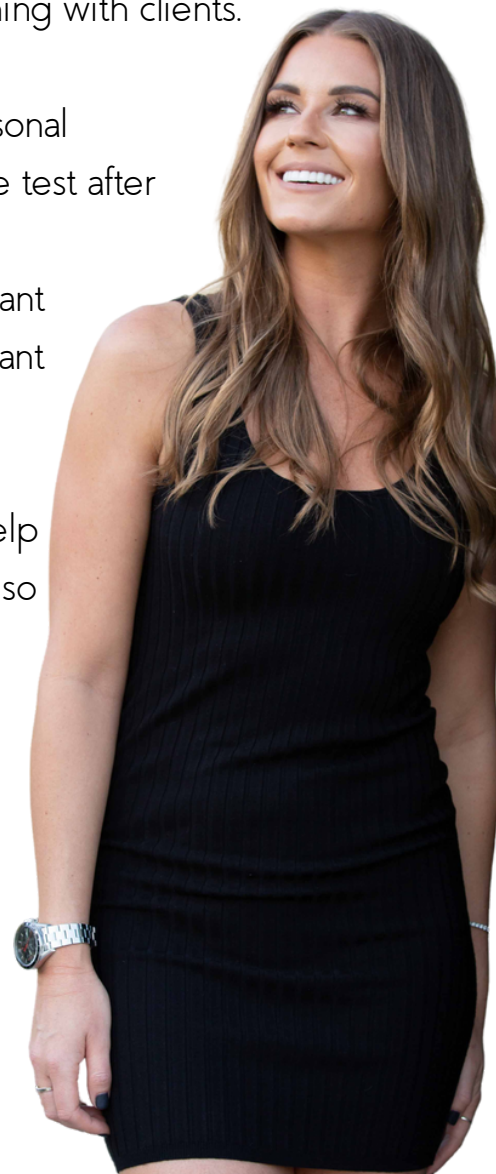
As well as my professional expertise - I've had my own personal experience of putting these positive psychology tools to the test after being raped in 2012 and losing three of my best friends to suicide. I know these tools work when you feel good and want to feel great, and I know they work on the days you really want to quit.

Now is the time to bring these two key areas together to help more coaches integrate positive psychology into their work so we can help more people feel better more of the time.

With Gratitude.

Niyc

MSc BSc CTTLS IPPA CHPC



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"Very Inspiring. A fresh new voice in Positive Psychology. If you ever have the chance to work with Niyc directly or anything she does then get involved. She's one of the leaders in our industry that's truly truly helping people transform the quality of their lives. If you're in that place where you're saying to yourself... I just need guidance. I need my breakthrough... then she's your girl."

- Brendon Burchard. New York Times Best Selling Author. Top 25 Most Influential Leaders in Personal Growth and Achievement. Top 100 Most Followed Public Figure in the World.

Hi. I'm Mel

For the last fifteen years. I have been on a mission to help individuals and organizations practically use evidence-based positive psychology science and tools to elevate leadership potential, increase performance, and care for their wellbeing.

I have worked in human resources and positive psychology, specializing in coaching, wellbeing, strategic planning, leadership, performance, and online learning. I have coached hundreds of clients on positive psychology and strengths coaching in the workplace, online coaching programs, and one-on-one coaching. I have blended my experience in corporate human resources, positive psychology, strengths coaching, and neuro-linguistic programming to develop a holistic approach to working with individuals and organizations to improve their wellbeing.

I have a Masters In Applied Positive Psychology, Masters in Human Resources, Degree in Behavioral Science and Counselling, Graduate Certificate in Business, Certifications in Training, Strengths Coaching and Neuro-Linguistic Programming.

I know what it is like to struggle, to be burnt out from work and positive psychology has helped me do the work and come out the other side thriving.

I know that you can have it all by learning to make your wellbeing a non-negotiable.

With Gratitude.

Mel xx

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POSITIVE PSYCHOLOGY
COACH ACADEMY



Get Certified as a Positive Psychology Coach!

A 120-hour+ Positive Psychology coaching certification program.

Discover how to use the science of happiness to help you, your clients, and your business thrive!

Let this practical & results focused pospsych certification guide you & your clients to higher levels of joy, personal power, and fulfillment!

The world's most up-to date, practical, integrated & results focused positive psychology coach certification



Coaching FUNDAMENTALS!

Everything you need to get started as a coach - from ethics & best practices to how to develop your own style, and exactly what coaching questions to ask - we've got you covered!



PosPsych FOUNDATIONS

What is the scientific underpinning of well-being? And how can you create positive change using these proven validated interventions? We're teaching you the context so you feel confident as a coach.



How To APPLY POSPSYCH!

Now you understand the basics, it's time to learn how to apply the science of happiness to become a masterful coach and get better results with your clients. You'll have a tool kit of more than 50+ exercises you can use.



The Positive Psychology PROMISE®

Learn the Positive Results Oriented Method of Integrating the Science Effectively and implement this proven framework into your coaching practice right away to set you and your clients up for success.



BONUS: Build Your BIZ

Get the exact step-by-step Unstoppable Success® System business roadmap that has helped other coaches make more than \$27 million dollars in the last 5 years (\$5,000 value)



BONUS: 12-Months CPD Community

You'll access the PPCA CPD community for a full year after getting certified where you'll be able to network with other coaches. We'll bring you a new live masterclass training every month too. {\$2,000 value}

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The Benefits

Immersive

The PPCA is made up of 2 core areas. You'll get instant access to all of the self-paced learning content and will be required to complete Core 1 as pre-work before the 8-week live immersion begins. Core 2, teaches you our proven PROMISE system. For 8 weeks, we'll coach you live in small groups and walk you step by step through our proven PROMISE system to give you a comprehensive understanding of the science and application of positive psychology.

Practical

You're going to be using the tools on yourself first so you understand exactly how they work, and how they feel! We'll then train you how to integrate the tools into your own coaching practice by leading your own practice coaching sessions, watching demo sessions, observing other students sessions, and also opportunities to be the positive psychology client and experience the breakthroughs and upgrades for yourself!

Results Focused

We created the Positive Psychology PROMISE® to help you know exactly which tool to use when, based on what you or your client is struggling with, and the result you want to create. This is implemented on a micro level to help you create powerful shifts within your coaching conversations, and on a macro level, to help you develop integrated coaching programs that help your clients break through to new levels of personal and professional success.

The Structure

Discover how to get certified as a positive psychology coach!

A 8-week certification program that changes your life:

- Comprehensive online curriculum within the private member's area and 120+ hours of training
- 1hr Online Orientation Pre-Workshop With Niyc
- 8-Weeks LIVE weekly 1hr coaching sessions
- 24 hours of coaching practice, including receiving 8 hours of positive psychology coaching for your own personal transformation
- Checklists, homework & end of module quiz to keep you on track
- You'll walk away with your own personalized 8-week integrated pospsych session framework to implement in a way that is specific and relevant for you and your coaching business
- Final Assessment & certification!
- World-class community and networking opportunities.

Positive Psychology Coaching Academy Course Outline

Orientation

- Welcome
- Meet Your Instructors
- PPCA Recommended Reading
- Positive Psychology Assessments
- How We Show Up In PPCA Guidelines
- Assessment and Time Expectations
- Developing Your Success Mindset

Core 1: Become A Masterful Coach

- Introduction to the PPCA Certification
- Core Coaching Competencies
- Coaching Foundations
- Coaching Tools

Core 2: How To Integrate Positive Psychology

Topics covered:

- Measuring wellbeing
- Positive psychology in work, being in your zone of genius
- Connecting to meaning and purpose
- Goal setting and achievement
- Positive psychology and health
- Positive psychology and emotions
- Relationships and community

The PositivePsychology PROMISE®

- 8 demo coaching session
- 8 coaching session guides
- How to integrate positive psychology in your existing coaching practice
- 8 x coaching practice sessions
- 8 x positive psychology coaching sessions to apply in your life
- 8 x observation coaching sessions to learn from others

PRO 1: What Is Positive Psychology

- What is Positive Psychology
- What is Positive Psychology Coaching
- Becoming Wellbeing Literate
- Measuring Wellbeing
- Positive Psychology Assessments & Interventions

PRO 2: Engagement

- Flow Theory
- Strengths Theory
- Mindfulness Theory
- Engagement Assessments, Interventions, and Exercises
- Live Coaching Call

PRO 3: Meaning and Purpose

- Meaning and Purpose Theory
- Meaning and Purpose Assessments, Interventions, and Exercises
- Live Coaching Call

PRO 4: Accomplishment

- Hope Theory
- Growth Mindset Theory
- Grit Theory
- Meaning and Purpose Assessments, Interventions, and Exercises
- Live Coaching Call

PRO 5: Health

- Nutrition
- Movement
- Sleep
- Restore
- Live Coaching Call

PRO 6: Positive Emotions

- Broaden and Build Theory
- Self-Compassion Theory
- Positive Emotions & Compassion Assessments, Interventions, and Exercises

PRO 7: Relationships

- Belonging Theory
- Belonging Assessments, Interventions, and Exercises
- Live Coaching Call

PRO 8: Bringing It All Together

- Integrative positive psychology masterclass
- Your Personalized 8-Week Framework to takeaway and teach
- Final Assessment