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Positive psychology coaching

Positive psychology is a field of psychology that focuses on the study of positive emotions, strengths, well-being, and factors that contribute to a fulfilling and meaningful life.

It emerged as a reaction to traditional psychology, which often concentrated on diagnosing and treating mental illnesses and psychological disorders.

Positive psychology seeks to understand and promote the positive aspects of human experience and functioning.

The journey towards personal growth and well-being begins with a thoughtful assessment of your current well-being and an exploration of your values and life priorities. Once you've gained clarity on these aspects, you can transition into setting meaningful goals and engaging in exercises and action planning to move forward.

Strengths-Based Approach
A central tenet of positive psychology coaching is the recognition and utilisation of your unique strengths and positive traits. Instead of dwelling on weaknesses or deficits, you will identify and harness your strengths to navigate life's challenges and achieve your goals.
Key components of the strengths-based approach include:

- Identifying character strengths: discover innate character strengths, such as creativity, kindness, perseverance, and leadership.
- Leveraging strengths: learn how to apply your strengths to overcome obstacles, enhance performance, and foster positive relationships.
- Strengths-focused action plans: develop strategies that align with your strengths, increasing the likelihood of goal attainment.

Motivation & Goal Achievement
Positive psychology coaching is all about helping you set and achieve meaningful goals in different areas of your life, like your career, relationships, and personal development. Here's how we make it happen:

- Setting Goals with SMART and/or CLEAR framework
- Develop action plans that outline the steps needed to achieve these goals
- Define strategies for overcoming obstacles and setbacks

With positive psychology coaching, you'll not only set inspiring goals but also have a clear path to reach them while developing a mindset that empowers you to overcome obstacles along the way.

Learn more about CLEAR framework on the next page

Warm regards,

Tanya Deryglazova

Your coach

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GLEAR goal setting

"CLEAR" goals are sometimes seen as an alternative to SMART goals. This approach emphasises a more engaging and collaborative way of setting and achieving goals. Here's a brief overview of CLEAR goals in the context of positive psychology coaching. Ask yourself the questions suggested in each section and make note of your answers:

1. **Collaborative:** CLEAR goals involve collaboration between individuals or teams. Instead of simply dictating goals, there's a focus on open communication and involving all relevant stakeholders in the goal-setting process.
   - *Who else is involved or affected by this goal?*
   - *How can you involve others in the planning and achievement of this goal?*
   - _____
   - _____
   - _____
2. **Limited**: Goals should be limited in number, meaning you don't overwhelm yourself or your team with too many objectives. It's about prioritising what truly matters.
   - *Why is this goal a top priority for you?*
   - *What other goals or tasks might need to take a backseat to prioritise this one?*
   - _____
   - _____
   - _____
3. **Emotional:** CLEAR goals recognise the importance of emotional engagement in goal achievement. Goals are framed in a way that connects with people's emotions and motivations, making them more compelling.
   - *Why does this goal matter to you?*
   - *How will achieving this goal make you feel? What emotions are tied to its success?*
   - _____
   - _____
   - _____
4. **Appreciable:** Like SMART goals, CLEAR goals encourage breaking down larger objectives into smaller, more manageable parts. This approach helps track progress and maintain motivation.
   - *What are some specific, measurable outcomes or milestones for this goal?*
   - *How will you know when you've made progress or achieved it?*
   - _____
   - _____
   - _____
5. **Refinable:** Goals are considered works in progress. They can be refined and adjusted as needed to adapt to changing circumstances or to improve their effectiveness.
   - *What potential obstacles or challenges do you foresee?*
   - *How can you adapt or refine your approach if you face setbacks or changes in circumstances?*
   - _____
   - _____
   - _____

Beyond the CLEAR framework, achieving your goals often involves four additional essential components:
Action Plan: a detailed roadmap with specific steps.
Timeline: deadlines and milestones to maintain focus and accountability.
Resources: tools, knowledge, and support required .
Review and Adjustment: progress reviews and adjustments .

Tip:

- Working through 4 additional these steps in tandem with the CLEAR framework will lead you to a well-structured, actionable plan to achieve your goals with the guidance of your coach.