



iPositive
Psychology
Coach



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TRAINING HOURS

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Round 9

What is Positive Psychology?

Positive psychology is the scientific study of what makes life most worth living . It is the science of happiness that examines how we can move beyond surviving to flourishing.

Positive psychology began to develop in the late 20th Century and was officially recognized, as an area of study, in the late 1990s, when the Father of Positive Psychology, Martin Seligman, then President of the American Psychological Association, made positive psychology the focus of his presidency. Since then, a flood of research has been done on what thoughts, tools, attitudes, behaviors, and interventions promote well-being and help people flourish.

How does positive psychology help coaches to help their clients?

Positive psychology is a natural fit with coaching. Clients seek out coaching for a full range of issues, but underneath all of these issues is a generally unstated desire to increase their overall sense of happiness and well-being. Positive psychology provides important empirical underpinnings to the **techniques** and strategies that coaches use to help clients realize their goals on the path to greater well-being.



What are the benefits of positive psychology coaching?

Research has demonstrated that a number of positive psychology practices can effectively raise our level of happiness. The benefits of happiness are significant and widespread and extend far beyond just feeling good.

Happier people tend to enjoy better health, live a longer life, have closer friendships, are more creative and productive at work and in life, and achieve greater success. Research studies show that the happiest people tend to:

- Express gratitude--that is, counting their blessings
- Nurture relationships with family and friends
- Practice optimism regarding the future
- Savor the positive experience in their lives
- Commit to and realize meaningful goals



About the Trainer

Aya Refaat is a highly skilled and experienced wellbeing and mental health expert with over 15 years of combined experience in both corporate and educational fields. She is a Positive Psychology Practitioner and ACC Coach from ICF , a certified trainer from IBM and currently pursuing her Masters degree in Business Psychology from University of East London.

Aya's approach is rooted in positive psychology, using her extensive and combined knowledge to help clients and coaches reach their full potential and lead happier, more fulfilling lives. She is passionate about helping individuals and organizations improve their mental health and wellbeing through her workshops , training programs and one-one sessions.

Aya is:

- Positive Psychology Practitioner
- ICF ACC Coach
- Certified Trainer
- NLP Practitioner from - ABNLP
- CBT Practitioner
- Trauma and Grief Specialist
- Positive Discipline Parent Educator



Aya Refaat

Topics Covered

- Positive Emotions: The Tiny Engines of Positive Psychology
- The Mindscapes and Outcomes of Positivity
- Science of Happiness and the seven toxic beliefs .
- Positivity Resonance and Love
- Building fulfilling relationships .
- The psychology of hope and Resilience .
- Perspectives on Well-being
- Positive psychology and life complexities and challenges
- Core strategies for living a good life .
- Humanities and Human Flourishing
- Positive psychology in Practice .



By the end of this Diploma participants will be able to :

1. Learn the distinction between the emerging positive psychology principles and other theoretical principles of psychology.
2. Develop an understanding of the dimensions of happiness/ subjective well- being and their application to your life .
3. Demonstrate applications of core concepts of positive psychology
4. Acquire skills to implement strengths based concept in your life .
5. Develop core strategies for living a good life .
6. Building fulfilling relationships with others .
7. Develop an understanding of positive emotions and their impact .

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Information

Duration:



150 Hours

24 sessions +

12 Sessions Mentoring

Location:



Zoom (Live Online)

Timing:



Monday 7-10 pm

Wednesday 7-10 pm

Date:



4 Sep - 25 Dec 2023

Payment Methods

• Bank Transfer



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