

Integrating Positive Psychology in Coaching Conversations

When hundreds of people register for a panel discussion, you know you've got a great topic and fantastic guest speakers. Our "*Integrating Positive Psychology in Coaching Conversations*" panel discussion on September 24th was an overwhelming success– so much so that we didn't get to answer all of the incredible questions! (But we did answer lots of great ones you'll enjoy listening to.)

Tune in to hear **Dr. Gabriella Rosen Kellerman** talk about how BetterUp uses positive psychology to inform its approach to coaching (and how coaching is the natural vehicle for positive psychology to come to life). She was a good sport and shared her positive psychology research crushes when asked.

You'll hear **Dr. Christian van Nieuwerburgh** talk about what led the University of East London to integrate its coaching and positive psychology programmes, while also sharing a hot-off-the-press theory that he and Robert Biswas-Diener have been working on (the four levels of coaching sophistication). See what book he picked off the shelf behind him as a personal favorite!

Elina Teboul, J.D., M.A., an executive performance coach, shares how her background in the legal industry inspired the positive psychology coaching approach that Fordham Law School is integrating into its legal curriculum. She opens our eyes up to how diving into SMART goals with clients might just cause us to miss what's most important.