

POSTGRADUATE DIPLOMA IN APPLIED PSYCHOLOGY (POSITIVE AND COACHING PSYCHOLOGY)

Programme Learning Outcomes

Programme Learning Outcomes for Postgraduate Diploma in Applied Psychology (Positive and Coaching Psychology) (NFQ Level 9, Major Award)

On successful completion of this programme, students should be able to:

- Understand the self-actualising needs of clients from diverse social and cultural backgrounds and devise optimal strategies for their development;
- Coach clients appropriately for goal attainment and well-being in both one-to-one and group settings;
- Evaluate relevant theory and empirical findings, and apply these to practice;
- Conduct and disseminate research of a publishable standard;
- Acquire a theoretical and conceptual understanding of positive psychology and coaching psychology;
- Develop behaviour change expertise using the frameworks of positive psychology and coaching psychology;
- Synthesise approaches to wellbeing from positive psychology and coaching psychology and apply them in practical settings;
- Understand the factors that underpin and maintain successful behaviour change;
- Be able to critically reflect on professional strengths and needs, and through supervision devise a professional development plan.