

positive psychology in coaching pdf

Years ago, Lisa Sansom, MAPP, of LVS Consulting started a list of positive psychology researchers, using a Google spreadsheet and filling in all the names of the researchers that she knew about from her U Penn MAPP studies. She has been so kind as to hand this project over to me so that we can now ...

Positive Psychology Researchers: Top Influencers' Database

“The aim of Positive Psychology is to catalyze a change in Psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.” Martin Seligman
Positive Psychology is first and foremost psychology, but its focus is the scientific study ...

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