



March 7
5pm
AEST

Positive Psychology Coaching: Building High Quality Connections & Creating a Sustainable Wellbeing Culture,

Presented by Dr Suzy Green, D.Psyc.(Clin.) MAPS Clinical and Coaching Psychologist (MAPS), The Positivity Institute

ABOUT

In this presentation, Dr Suzy Green, will provide an overview of the evolving field of Positive Psychology Coaching. Coaching has historically been viewed as a means to peak performance, behavioural change and more recently wellbeing. Its primary function though is to build positive relationships initially between coach and coachee with an ultimate aim of creating flourishing relationships via a coachee ripple effect. Suzy will provide tips on 1) the integration of positive psychological knowledge into an evidence based coaching practice; 2) development as a positive psychology coaching practitioner and 3) the utilisation of positive psychology coaching as a key pillar of a sustainable wellbeing culture.

Suzy Green is a Clinical Psychologist with extensive experience in the treatment of mental illness, and is on a mission to reduce the impact of mental health in our workplaces, schools and communities. As a Coaching Psychologist, who has scientifically investigated the impact of evidence-based coaching, Suzy is also committed to encouraging the use of coaching for performance and wellbeing enhancement for all. Suzy's extensive experience in the media includes having been a brand ambassador for ANZ, Fitbit, Nivea, Nespresso and Officeworks. Suzy is also an official ambassador for the Starlight Children's Foundation and regularly speaks as both a keynote and on panel presentations about Positive Psychology

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