



The  
University  
of Sydney



# Master of Applied Science (Psychology of Coaching)

**SPECIALISE IN:**  
Health Coaching  
Executive & Workplace Coaching  
Applied Positive Psychology

## DEMAND FOR COACHES

Coaching is a fast growing industry worldwide, particularly in Asia, Australia, Europe and the USA where personal and professional coaches who use evidence-based approaches to coaching are employed for their skills in enhancing performance, productivity and quality of life of individuals, organisations and the broader community.

There are currently very few universities worldwide that offer postgraduate degree level qualifications in coaching psychology. The Coaching Psychology Unit at the University of Sydney is the first of its kind in the world, and is widely recognised as a world leader in the field.

## WHO SHOULD DO THIS COURSE?

This course is open to those who wish to gain high-quality, applied skills in coaching for performance and development.

## WHERE WILL THIS COURSE TAKE ME?

Graduates of this course have found employment as human performance consultants, personal coaches, workplace coaches and executive coaches in a range of settings, including the human resources field and private practice.

## FOR MORE INFORMATION PLEASE CONTACT



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## COURSE OVERVIEW : An evidence-based approach

This articulated evidence-based coursework program provides students with a sound grounding in the theoretical and methodological aspects of coaching psychology and teaches fundamental applied coaching skills. The course produces skilled coaches, capable of coaching in an extensive variety of settings and with a wide range of client populations.

## CHOOSE A SPECIALISATION

Students of this degree have the opportunity to specialise in one of the following areas:

### Health Coaching Specialisation

This specialisation combines theory and practice from the fields of health psychology and coaching psychology, and will equip students with the skills required to help patients make health-enhancing lifestyle changes.

Specialist units include:

- Applying Psychology to Health
- Applying Models of Health Behaviour
- Developments in Health Psychology

### Executive & Workplace Coaching Specialisation

This specialisation of this stream is in the field of coaching psychology within professional and workplace environments which can provide students with the skills needed for assessing performance, assessment and the science of happiness.

Specialist units include:

- Groups, Teams and Systems
- Coaching in Organisations
- Assessment and Selection

### Applied Positive Psychology Specialisation

This specialisation is designed to provide graduates with key theoretical understandings and the skills to apply the science of positive psychology in a range of contexts including, consulting, coaching, education and health-related settings.

Specialist units include:

- Applied Positive Psychology
- Psychology of Peak Performance
- Philosophy and Science of Happiness

For entry requirements and how to apply, visit  
[www.psych.usyd.edu.au/coach](http://www.psych.usyd.edu.au/coach)