

Postgraduate Diploma in Positive Organisational Psychology and Leadership (PGDPOPL)

Programme Guide



The School of Positive Psychology

Singapore • Japan • Hong Kong • Philippines

Established in 2007

The School of Positive Psychology is the first education and training facility in Asia dedicated to promoting the art, science, and practice of positive psychology and psychotherapy.

Alongside providing education and credentials, we are dedicated to advancing research, delivering impactful training, and championing the principles of positive psychology to empower individuals and communities to thrive and flourish.

Our Vision

To help the world thrive through wellbeing-based education and thought leadership.

Our Mission

To empower people with evidence-based, high-quality positive psychology and psychotherapy education, research, and professional development that fosters compassion and courage, and builds thriving communities, organisations, and societies.

The School of Positive Psychology is registered under the Enhanced Registration Framework (ERF). The ERF is administered by the SkillsFuture Singapore (SSG). ERF requires all students to be covered under the Industry-Wide Course (IWC) fee insurance scheme. In The School of Positive Psychology, this is provided through Lonpac Insurance Bhd.

For more details, please visit <https://www.skillsfuture.gov.sg/pei>

Why You'll Love Learning with Us

- **Culturally Relevant Learning**

Our programmes are tailored to resonate with the Asian market, reflecting an “intentional localism” approach that ensures cultural relevance and practical application.

- **Experiential Education**

While knowledge is abundant, the real challenge lies in its application. We focus on experiential, practical, and applicable learning, equipping you with tools to thrive in real-world scenarios.

- **A Personalised Journey**

Take ownership of your learning journey. Our customised pathways and elective options empower you to tailor your education to your goals and interests.

- **Purposeful Assignments**

Gain clarity on assignment objectives and see the tangible benefits of your efforts. Every task is designed to maximise your investment of time and energy.

- **A Passion for Learning**

Explore the full spectrum of psychology, from its foundational principles to transformative positive practices, with opportunities to delve into topics across the mental wellbeing spectrum from -10 to +10.



Postgraduate Diploma in Positive Organisational Psychology and Leadership (PGDPOPL)

The Postgraduate Diploma in Positive Organisational Psychology and Leadership (PGDPOPL) is designed to develop knowledgeable, skilled, and impactful professionals ready to transform workplaces and drive positive change. The programme integrates cutting-edge research in organisational psychology with leadership strategies, supported by industry professionals, comprehensive course materials, rich resources, and opportunities for practical application.

Introduction

Lead thriving workplaces with our Postgraduate Diploma in Positive Organisational Psychology and Leadership. This unique programme empowers professionals to become skilled practitioners in positive psychology, a cutting-edge field offered by only a few universities worldwide.

Positive psychology shifts focus from problems to potential, exploring the factors that help individuals and organisations flourish. It emphasises wellbeing, collaboration, motivation, strengths, resilience, creativity, optimism, and the development of positive institutions. This approach aligns with emerging workplace trends, including hybrid work environments and prioritising mental health.

Blending scientific theory with practical application, this programme equips learners to apply positive psychology across organisational development, leadership, coaching, consulting, education, and societal impact. Participants will learn to contextualise frameworks and concepts, design relevant and targeted interventions, and measure their effectiveness. Collaborative projects and hands-on learning with global experts ensure cutting-edge insights and practical expertise.

Rooted in world-class research and benchmarked against leading international institutions, our curriculum offers a rich and immersive experience. At The School of Positive Psychology (TSPP), we foster a collaborative environment where students and professionals connect, share, and grow into wellbeing leaders who inspire lasting change. Graduates are equipped to lead transformative initiatives and drive sustainable workplace wellbeing.



Duration	12 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct



Curriculum

The PGDPOPL programme comprises **4 modules** that aim to enhance learners' skills and competencies, enabling them to apply their knowledge to foster positive workplace environments, drive leadership excellence, and enhance employee wellbeing. Below is an overview of the programme's modules:

01	PGDPSY 01 Positive Psychology Training and Consultancy	<p>In this module, you will learn how to design, assess, and evaluate various Positive Psychological Interventions (PPI) that can be used to elicit behavioural change, and gain a sound understanding of when to deploy a specific intervention in the context of your training and consultancy work.</p> <p>In the course of this module, the relationship between time, wellbeing and performance will be discussed and operationalised for organisational excellence vis-à-vis empirical research on the psychology of time, time perspective and subjective time use. It will further equip you with the skills to facilitate and sustain optimal performance in your training participants by helping them achieve work-life balance or time affluence.</p> <p>Finally, the module will explore the interaction between our conscious and unconscious cognitive processes, including known barriers to implementing a successful change such as beliefs, mindset, low levels of self-regulation, and the complexity of the change process itself, and introduce participants to the theories and tools of attention-focusing, cognitive flexibility, and the concept of “nudge theory” in behavioural science.</p>
02	PGDPSY 03 Positive Psychology Coaching Masterclass	<p>This module is dedicated to optimising the performance and output of people through the deployment of science-based coaching methodologies and interventions. In the study of Positive Psychology Coaching, traditional assumptions of human behaviour will be challenged as we critically explore the argument for a strengths-based rather than deficiency-based approach to performance improvement.</p> <p>This module will equip coaches with a toolkit of skills to create, implement and sustain optimal performance by helping their coachees identify and harness their strengths while building upon their psychological capital. It will introduce new positive psychology-based tools and models developed specifically for coaching practice, and discuss the various contexts in which to deploy existing Positive Psychology Interventions.</p> <p>Upon completion of this module, students will be able to clock 32 coaching training hours with the International Coach Federation (ICF), the gold standard credential for the coaching profession. They will also receive a certification accrediting the number of ICF hours clocked by The School of Positive Psychology and Positive Acorn, one of the leading authorities in the area of positive psychology coaching in the world.</p>



03

PGDPSY 04 Positive Organisational Psychology

In this module, students will be covering 2 key components:

Part A: Wellbeing for Individuals and Systems

Develop an advanced comprehension of wellbeing, from both micro and macro perspectives. Learn how positive psychology frameworks can be applied on a systems-level, and how you can influence social systems to nurture thriving individuals. Specifically, you will explore multiple perspectives on wellbeing through a cultural, ethical and social lens. By developing a 'systems awareness' and the unique needs of each system, you can start to develop and integrate wellbeing programmes that support diversity, inclusion, and psychological safety. These concepts will help you understand how you can use positive psychology to make changes at a group or organisational level, taking cultural and contextual factors into account. You will be equipped with positive organisational psychology assessment tools and management techniques to create a prosocial workforce that values the virtues of human relationships such as authenticity, connection, and communication and inspires social change that could positively impact workplaces. In short, you will learn how to prime people and organisations for the vanguard of human excellence.

Part B: Strengths Development

Part 1: Workshop

Positive psychology tools such as VIA Strengths, Gallup StrengthsFinder, Strength Profiler, and others will be explored. You will use evidence-based approaches to activate strengths and unlock flourishing human potential. This workshop will cover the classification and measurement of strengths, as well as strengths-based approaches to enhance individual, team, and organisational performance and resilience. Learn the 'golden mean of strengths' and discover how to apply your unique strengths constellations across life domains.

Part 2: Self-paced Learning

You will undergo 5 hours of self-paced online learning and explore strengths-based approaches in the workplace. Specifically, how to develop a collective team strengths profile and how to activate strengths in others. You will explore the concept of job crafting around strengths to increase motivation and collaboration in the workplace. You will also be introduced to research on job satisfaction, engagement, productivity and collaboration.

04

PGDPSY 14 Positive Social Psychology

In this module, we will explore how to design environments that foster stronger social connections and prosocial behaviours. Building on our understanding of human social nature, we will examine how our minds are highly sensitive to context and how seemingly small changes in our environment can have a significant impact on our behaviour. By integrating insights from dual-process theory, behavioural science, and the psychology of trust and cooperation, we will explore how to create the right conditions for enhancing trust, reducing competition, and encouraging prosocial actions. This module will offer practical tools and strategies to design environments where our natural tendencies toward sociality and cooperation can thrive.

Bridging Modules

Refer to entry requirements



GPSY 02 Applied Positive Psychology

This module explores the science of **optimal human functioning** and unpacks concepts such as **happiness, flourishing and wellbeing**. This experiential course invites learners to engage in **critical thinking** by exploring Positive Psychology theories, models and concepts, and applying them to their cultural and unique contexts. Learners will gain a deep understanding of the **PERMAH** model pillars, and find out how these can be applied to **elevate wellbeing** for self and others.

GPSY 05 Resilience Training for Practitioners

Resilience Training builds on research findings from four relevant fields of study which includes: Cognitive Behavioural Therapy; resilience; post-traumatic growth; and positive psychology. The module is organised around **SPARK** acronym, and teaches learners to break simple and complex situations into manageable components of **Situation, Perception, Affect, Reaction and Knowledge**. Originally developed by Dr. Ilona Boniwell and Dr. Lucy Ryan, this ground-breaking programme for developing resilience is currently employed by educational and people centric-organisations.

Learners will be introduced to a range of **resilience skills and models** that are applicable to support a non-clinical population to navigate challenges and stresses effectively. At the end of this professional workshop, the learner is certified to train others as a **'SPARK Resilience Workplace Trainer'**.

Part A (14 hours): The programme enables learners to challenge their interpretation of any life situation and consider other alternatives as they are being introduced to the **skills of assertiveness and problem solving**. Learners also **build their own 'resilience muscles'** through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

Part B (7 hours): Learners will interact with **resilience strategies** and **practical ways to apply resilience** in a selected setting.

Admissions

Module Exemption	Learners who have taken modules from other recognised higher institutions may apply for module exemption. The school will review your application and approve it accordingly.
Course Delivery	<ul style="list-style-type: none">• Lectures and case studies discussions• Class presentations• Online discussions
Entry Requirements	<ul style="list-style-type: none">• A Bachelor's Degree in Psychology (with bridging modules GPSY 02 and GPSY 05), or• A Bachelor's Degree in any discipline (with bridging modules GPSY 02 and GPSY 05) and working experience in:<ul style="list-style-type: none">- a supervisory or leadership role, or- a Human Resource, Learning and Development or Organisational Development position, or- Healthcare, Allied Health, or Education industry• Graduate Diploma in Applied Positive Psychology and Wellbeing from TSPP
English Language Proficiency	<ul style="list-style-type: none">• Grade C6 and above in GCE 'O' Level English, or• Grade E and above in any GCE 'A' Level subject conducted in English, or• IELTS 5.5, or• TOEFL (Internet Based) 59
Registration Fee	S\$163.50 w/GST
Tuition Fee	S\$25,833.00 w/GST
Bridging Module	S\$2,180.00 w/GST
Application Requirements	<ul style="list-style-type: none">• Application form• Application statement• 1 recent passport-sized photo• NRIC/Valid SG pass copy• Updated resume• Educational certificates and academic transcripts

Get in touch

Please feel free to get in touch with us online or meet us on campus if you are interested in studying at The School of Positive Psychology.

For more information regarding our courses and entry requirements, please contact us using the following details.

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Discover how our programmes can transform your future.
Chat with us to find the best fit for your goals.



Thrive together.