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Nota di contenuto	Intro -- Foreword -- Preface -- References -- Acknowledgements -- Contents -- About the Editors -- Part I: Convergence of Positive Psychology, Organisational Psychology and Coaching Psychology -- Chapter 1: PPC in the Workplace: The Business Case -- Introduction -- Cost-Benefit of Positive Psychology Coaching in the Workplace -- Mental Health Concerns in the Workplace: An Epidemic? -- From Mental Health to Mental Wellbeing: La Raison d'Être -- Employee Engagement in the Workplace: A Missed Opportunity? -- What Can Be Done?: Building a Thriving Workforce -- From Workplace Coaching to Positive Psychology Coaching in the Workplace -- References -- Chapter 2: The Professionalization of Positive Psychology Coaching -- Introduction -- Positive Psychology Coaching Explained -- Theories Relevant to Positive Psychology Coaches -- Wellbeing Theories -- Strengths Theories -- Emotion Theories -- Theories of Future Focus -- Hope Theory -- Solution-Focused Approaches -- Appreciative Inquiry -- Does Positive Psychology Coaching Work? -- Positive Psychology Coaching in Practice -- Conclusion -- Discussion Points -- References

-- Suggested Reading -- Chapter 3: Coaching as the Missing Ingredient in the Application and Training of Positive Psychological Science -- Introduction -- The Training Transfer Problem -- Coaching Psychology -- Evidence-Based Coaching -- Positive Psychology -- Positive Psychology Interventions -- Positive Psychology and Coaching Psychology: Similarities and Differences -- PPIs Versus EBC -- Perspectives on the PPIs -- Perspectives on the Coaching Psychology Interventions -- The Medical Model as Metaphor -- Beyond the Medical Model: Integrating PPIs with EBCs -- Coaching and PPI Engagement Model -- Concluding Comments -- Discussion Points -- References -- Suggested Reading.

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Field -- Mindful Leadership: The Link to Systemic Awareness -- Wise Leadership -- Practice: Methods, Techniques and Application -- Methods in Leadership Development -- Practice: A Novel Technique -- Practice: Application of the Technique -- Application to Leadership -- Application to Coaching -- Practice: Using Movies as a Technique in Developing Socially Connected Leaders -- Practice: Using Movies as a Data Source for Understanding Leadership and Coaching -- Which Coachees Benefit Most? -- The Case Study: Rabbit Proof Fence -- The Coachee/s -- The Coaching -- Conclusion -- Discussion Points and Suggested Reading -- References -- Further Readings.  
Chapter 16: Coaching Teams Positively from a Complex, Adaptive Systems Perspective.

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### Sommario/riassunto

This research-to-practice text explores how coaching can support thriving in the workplace. It focuses on positive psychology coaching in the workplace in relation to: the convergence with organisational psychology and coaching psychology, professional and ethical practices, resilience and wellbeing, team and systemic approaches, leadership, tools of intervention, convergence of clinical interventions and virtuousness, and the future of thriving workplaces. The chapter contributions represent a truly international scholarship and bring together complementary perspectives from the fields of positive psychology, coaching psychology, organisational psychology, organisational scholarship, neuroscience, education and philosophy. Written in a scholarly but accessible style, this text is of interest to a wide readership, including academics, professionals and postgraduate students of positive psychology, organisational psychology, counselling and coaching psychology, human resource management, mental health, health and social welfare.

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