

**Azure Consulting Ltd**

4 Lakeside  
Calder Island Way  
Wakefield  
West Yorkshire  
WF2 7AW  
t: 01924 385600  
f: 01924 385622  
e: info@azure-consulting.co.uk  
w: www.azure-consulting.co.uk

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IMPROVING LEADERSHIP PERFORMANCE  
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## Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients

By Robert Biswas-Diener & Ben Dean

Perhaps due to my psychological academic background, or maybe because of the 'feel-good nature' of the subject, the area of positive psychology has always sparked my interest. The authors of this book manage to marry the subject with coaching, using research into the area in order to develop suggestions as to how it can be applied to coaching conversations.

Though on first glance the book appears quite 'text heavy', with little in the way of diagrams or blank space, the content makes it an enjoyable read. A focus on 'happiness' with its many untold benefits on successful, healthy lives goes against the traditional psychological focus on mental disorders; likewise the message for coaching is whilst it may be appropriate to coach around weaknesses, we should always be thinking if there is any way our coachees can apply their strengths to overcome their problems or achieve their goals as this is much more powerful. Questions enabling coachees to choose happiness-based goals, relish their achievements and discover and apply their own strengths can lead to successful, positive coaching and coachees crafting their perfect jobs.

The power of positivity and the scientific evidence in favour of its use in coaching cannot be understated, and this book may inspire you to try it!



Reviewed by Joe Edwards