

Art and creativity in positive psychology coaching

Pre-workshop at the 10th European Conference on Positive Psychology on Coaching
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What is the role of arts and creativity in positive psychology coaching? How can imagery, music or creative writing enhance the work we do with our clients? What have we learnt from the research and practice of using arts and creativity in other helping professions? What are the primary tools and processes used in positive psychology coaching? What is the intersection between positive arts and coaching?

This hands-on workshop will explore these questions using evidence-based approaches to integrating arts and creativity in positive psychology coaching. We will also explore how the transformative impact of arts-based positive psychology interventions can be enhanced by coaching conversations.

Learning outcomes

- Experience a broad range of arts-based positive psychology coaching interventions.
- Consider the integration of imagery, music or creative writing in the coaching process.
- Learn about the scientific background of positive arts and arts-based and creative approaches to coaching.
- Develop the knowledge and skills to use arts and creativity confidently and competently in positive psychology coaching.

Dr Andrea Giraldez-Hayes is an accredited coaching psychologist, supervisor and consultant specialising in the use of arts and creative approaches to positive psychology and coaching psychology. She is the Programme Director of the MSc in Applied Positive Psychology and Coaching Psychology and Clinical Director of the Positive Psychology and Coaching Psychology arm of the Wellbeing and Psychological Services Clinic at the University of East London's School of Psychology.

Curious and passionate about learning and personal and professional development, Andrea is a person of many talents built throughout 30 years of experience. She has served in different roles within the arts, education, and coaching psychology sectors, having worked for universities, education departments, and international organisations in Europe, the UK, and Latin America. She has authored twenty books and contributed to many peer-reviewed papers and articles in positive psychology, coaching psychology and arts education.

Andrea is an associate editor for *Coaching: An International Journal of Theory and Practice*, *International Coaching Psychology Review*, the *International Journal of Coaching Psychology* and co-editor of *Philosophy of Coaching*. She is also a member of the British Psychological Society's Coaching Psychology Division committee. For more information, please go to <https://www.linkedin.com/in/andreagiraldez>