



UNIVERSITÀ
DEGLI STUDI
DI BERGAMO

Dipartimento
di Scienze Umane
e Sociali

Corso di laurea in
CLINICAL PSYCHOLOGY FOR INDIVIDUALS, FAMILIES AND ORGANIZATIONS

Coaching and Positive Psychology: applications and strategies

Meetings with professionals

Angela Di Rienzo e Luisa La Via - *Business Coaching*

Claudia Panzeri - *Creative Coaching*

Massimiliano Vandi - *Sport coaching*

Carolina Benaglio - *Coaching Assessment*

Davide Susa - *Gamified Coaching and Mindfulness*

Bettina Graser - *Life Coaching*

Tutti i martedì dal 14 novembre al 19 dicembre 2023, ore 15
All'interno delle lezioni di «Coaching and Positive Psychology in
Organizations» (Prof. Barattucci M.)

Aula Fornasa, P.le S. Agostino. [Link al Teams](#)

[Calendario aggiornato incontri https://shorturl.at/BLOQ1](https://shorturl.at/BLOQ1)

ABSTRACT

Coaching is a vehicle for helping people to achieve a higher level of well-being and performance in life and work. Its applications are manifold and cover a broad spectrum of life and work contexts (e.g., life, sport, business, health, etc.). Within the lessons, professionals and consultants will testify about their practices and experience to provide students with updates on career and professional development opportunities.

IN COLLABORAZIONE CON SOCIETY FOR COACHING PSYCHOLOGY ITALY



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