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provides for effective coping  
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either the stressor, one ' s reaction to

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Positive Psychology: Applications and

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Positive psychology is the scientific study of positive experiences, states, and traits. It grew as a field after the realization that psychology focused largely on dysfunctional and pathological disorders while largely ignoring the research of what

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conditions might lead to optimal functioning. “ The aim of positive psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life. ” .

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conditioning also finds its application

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## APPLICATIONS OF BIOLOGICAL...

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P is for Practical Application - The Positive Encourager

This article provides an introduction to the field of ‘ positive education’ and demonstrates how applied positive psychology, which includes

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evidence-based coaching, can inform and assist schools to develop and maintain the optimal functioning of students and staff.

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