

Mentoring Outside the Box: Strength Based Approaches to Working with Mentees

Workshop Description

Positive psychology is “the scientific and applied approach to uncovering people’s strengths and promoting their positive functioning.” (Snyder et al., 2010, p. 3). Positive psychologists call for an equal focus on strengths and weaknesses, as much attention on positive emotions as negative emotions, and emphasizing building of positive traits (e.g., hope, resilience) to promote well-being. Although there has been some application of positive psychology in education, psychotherapy, and the corporate world, there has been little discussion of applications of positive psychology in mentoring relationships. In this skill building session, we will explore ways to create sustainable mentoring relationships that engage students and early career professionals by using positive psychology.

Learning objectives:

- Learn about common techniques for assessing strengths, including both objective assessment and identification of strengths in the mentee’s narrative
- Understand the role of positive emotions and strengths in the mentoring relationship
- Gain awareness of the need to consider cultural context in classifying human strengths
- Explore fundamental ways to integrate strengths into the mentoring relationship

Registration Fee

\$150

Target Audience

Any professionals involved in mentoring and advising professional students and trainees.

Presented by

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Brian P. Cole is an Assistant Professor of Counseling Psychology at the University of Kansas, where he leads the Applied Masculinities and Positive Psychology (AMPP) Lab. His professional interests include applications of positive psychology to mental health and student development. His work in the area of men and masculinities includes paternal mental health, paternal involvement, and men’s help-seeking behaviors. He currently serves as the Chair of the Society of Counseling Psychology’s Section on Positive Psychology.