



Overview

This masterclass with Liz Robson, CEO and Founder of Worth-it Positive Education is a practical, hands-on workshop designed to equip social workers with evidence-based positive psychology coaching tools to enhance their professional skills and integrate these approaches into their social work practice. Participants will explore the concept of flourishing—both for themselves as practitioners and for the young people and families they support—and learn how to apply positive psychology strategies to foster positive mental health and meaningful relationships.

When & Where

DATE: Thursday, 23rd October 2025

TIME: 9.30am-1pm (reg. & 🍰 9 am)

VENUE: Kingsley Hotel, Carrigrohane Rd., Sunday's Well, Cork, T12 P680

Delivery Style

This masterclass will be highly interactive and experiential, combining:

- Practical coaching exercises.
- Group discussions and peer learning.
- Evidence, research underpinning real-world applications.
- Reflection activities to deepen understanding and personal growth.



Further information
<http://swconf.ucc.ie>



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SWCONF25



POSITIVE PSYCHOLOGY COACHING MASTERCLASS

*CULTIVATING FLOURISHING IN
SOCIAL WORK PRACTICE*

with *Liz Robson, MAPPCP*



Key Takeaways

Toolkit:

A toolkit of practical, evidence-based positive psychology coaching strategies.

Enhanced Skills:

Enhanced skills to foster flourishing in young people, families, and oneself.

Strengths-Based Coaching Approaches:

A deeper understanding of how to integrate strengths-based positive psychology-based approaches into practice.

Flourishing as a Practitioner:

Renewed meaning and purpose in ones work, supporting their ability to thrive as practitioners.

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