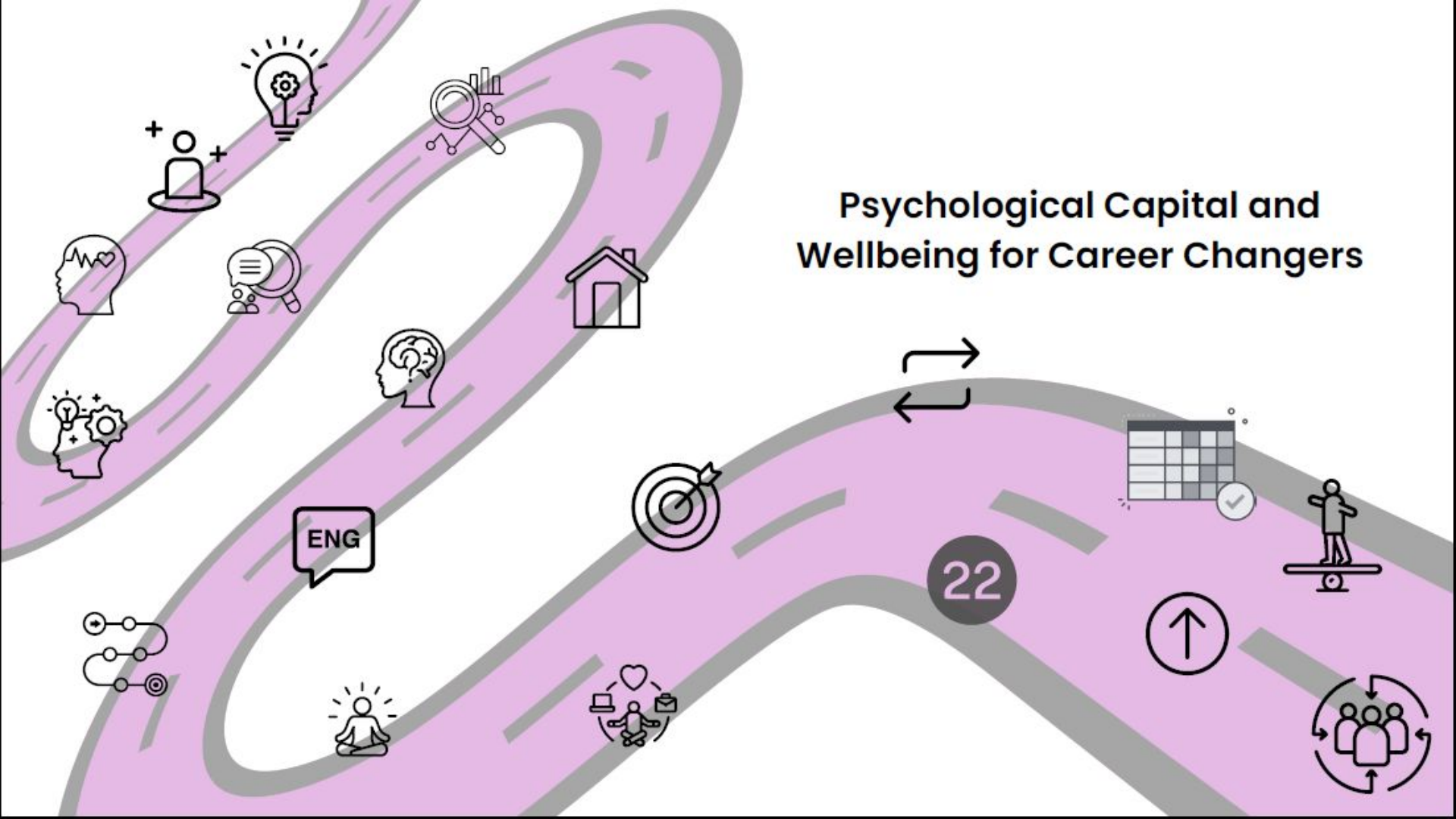


# Psychological Capital and Wellbeing for Career Changers



ENG

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# Additional Information

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Title of research: Psychological Capital and Wellbeing for Career Changers

Brief description of research: This randomised controlled trial (RCT) investigated the impact of positive psychology coaching on psychological capital and wellbeing in career changers. Participants were assigned to either an experimental group receiving a self-guided Flow activity, Best Possible Self exercise, and a 30-minute career coaching session, or a waitlist control group. Psychological capital and wellbeing were assessed at two time points using Mixed ANOVA.

Links to website / social media: <https://www.linkedin.com/in/yinka-adesina/>

[www.instagram.com/yinkacareers](https://www.instagram.com/yinkacareers)