

Psychoeducational Role of Coaching in developing Emotional Intelligence and Well-Being (Summary).

There is a growing evidence that coaching can enhance emotional intelligence and well-being. The objective of this study is to analyze the role of coaching as an approach enhancing emotional intelligence and well-being, with specific focus on psychoeducational aspects. The study opens with Part I, which presents the context of the study, provides a thorough review of the scientific literature on the notions of coaching, well-being, emotional intelligence and psychoeducation; and shares a detailed overview of how coaching can be placed within various pedagogical frameworks. Part II of the study gives a thorough walkthrough of the research methodology: research design, research methods, techniques and tools, the empirical study design as well as data collecting and processing procedures. The research results and findings are then presented and discussed in Part III of the study.

For the research methods quasi-experiment and survey were used in this study. The general population was 300 adults at an early stage of their career - all employees of the technical industry. The Experiment Group for the study was selected from 200 employees of a technical industry startup in Barcelona - all adults at an early stage of their career (24-35 years old). Diagnostic surveys were distributed to measure the levels of emotional intelligence and well-being in a large population and in the Experiment Group for baseline. Levels of Emotional Intelligence and Well-being of the experiment participants were measured upon completion of the Coaching Program and compared against *ex ante* levels as well as baseline levels of the general population.

The final part of the study gives an overview of its limitations, gives directions for future research and discusses the practical applications of the results obtained. The results showed that the Coaching Program led to increased emotional intelligence and well-being at the completion of the program. Emotional intelligence and well-being improved across all dimensions. The presented study provided evidence that coaching may be an effective approach in enhancing emotional intelligence and well-being. The outcomes obtained are therefore paramount for the

development of various approaches towards enhancing emotional intelligence and well-being in various personal areas of life as well as in a professional work setting.