

Thriving at university: Designing a coaching psychology programme to promote wellbeing and resilience among undergraduate students

Gisele P. Dias<sup>1\*</sup>, Maria-Christina Vourda<sup>2</sup>, Zephyr Percy<sup>2</sup>, Mário Cesar do Nascimento Bevilaqua<sup>3</sup>, Radhika Kandaswamy<sup>1</sup>, Carolina Kralj<sup>2</sup>, Naomi Strauss<sup>4</sup>, Patricia A. Zunszain<sup>5</sup>

<sup>1</sup> Social, Genetic & Developmental Psychiatry Centre, Institute of Psychiatry, Psychology & Neuroscience, King's College London.

<sup>2</sup> Institute of Psychiatry, Psychology & Neuroscience, King's College London.

<sup>3</sup> Basic & Clinical Neuroscience, Institute of Psychiatry, Psychology & Neuroscience, King's College London.

<sup>4</sup> Education Support Team, Institute of Psychiatry, Psychology & Neuroscience, King's College London.

<sup>5</sup> Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London.

\* Corresponding author

Gisele P. Dias –

Social, Genetic & Developmental Psychiatry Centre, Institute of Psychiatry, Psychology & Neuroscience, King's College London.

Memory Lane, London SE5 8AF