

Introduction To Career Counselling Coaching

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A useful introduction to career counselling and coaching, particularly for its explanations of important theories and for those studying the subject as an academic discipline. The book's clear and authoritative explanations, particularly the theories and narrative approaches, give students the core comprehensive introduction that the book aims for.

Introduction to Career Counselling & Coaching, Amazon.co.uk
A practical introduction for those training in the field of career development, career counselling and career coaching, this book will take your students through established and emerging theory and the different contexts in which career work takes place introducing the key skills, techniques and models they'll need.

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SAGE Books - Introduction to Career Counselling & Coaching
Introduction to Career Counselling and Coach ing, by Hazel Reid, London, Sage, 2017, 291 pp., £25.99 paperback: 978-1-4462-6035- 7, 978-1-4462-6036-4 (pbk) Introduction to career counselling and...

(PDF) Introduction to career counselling and coaching
Description. A practical introduction for those training in the field of career development, career counselling and career coaching, this book will take your students through established and emerging theory and the different contexts in which career work takes place introducing the key skills, techniques and models they'll need.

Introduction to Career Counselling & Coaching : Hazel Reid ...
Introduction What do we mean by career? ... Teasing out the similarities and differences between the two activities of career counselling and career coaching is a bold, and welcome, step. Jenny Bimrose. Institute for Employment Research, University of Warwick.

Introduction to Career Counselling & Coaching | SAGE ...
28 Introduction to career counselling coaching clear beginning, middle and end. Both will be using a set of listening and questioning skills in order to understand the issues and develop strategies for development and action. The term 'career coaching' has an appeal and currency that the label 'career

Counselling & Coaching
Introduction to Career Coaching Demand for career coaches and typical clients Benefits of being a career coach Difference between career counselling and career coaching The work of a career coach How to motivate clients to take action; 2. ...

Course syllabus: What you'll learn on the career coaching ...
Introduction to CBT career counselling theory. This chapter is designed to help you to: gain an understanding of the theory and practice of cognitive behavioural therapy and how it can be used in conjunction with career counselling and coaching.

SAGE Books - Motivational Career Counselling and Coaching ...
A useful introduction to career counselling and coaching, particularly for its explanations of important theories and for those studying the subject as an academic discipline. The book's clear and authoritative explanations, particularly the theories and narrative approaches, give students the core comprehensive introduction that the book aims for.

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Introduction to Career Counselling & Coaching: Reid, Hazel ...
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introduction to career counselling and coaching By Alexander Pushkin FILE ID 5247dd Freemium Media Library Introduction To Career Counselling And Coaching PAGE #1 : Introduction To Career Counselling And Coaching By Alexander Pushkin - a practical introduction for those training in the field of career development

A practical introduction for those training in the field of career development, career counselling and career coaching, this book will take your students through established and emerging theory and the different contexts in which career work takes place introducing the key skills, techniques and models they'll need. Professional issues such as the use of digital technologies highlight the contemporary context of careers work and all of this is brought to life through engaging case studies and reflective questions, highlighting the practical applications of what is being learnt.

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This is an excellent, no-nonsense introduction to the field of coaching for developing practitioners. Using a rich array of examples from both life and business coaching, the book covers: o foundations of coaching o coaching processes o the range of coaching models, skills, attitudes and methods o the psychological underpinnings to the main theoretical approaches to coaching, e.g. cognitive, TA, NLP o different applications of coaching e.g. in life-, executive-, or career-coaching o key professional issues such as ethics, evidence-based practice and contracts. o how to present and market your coaching identity and skills. Blending theory and practice, with examples and exercises, the book is aimed at professionals from a range of backgrounds, whether therapeutic, educational or business in orientation, who want to expand and transfer their skills to the coaching profession. It is essential reading on all coaching & mentoring courses.

Uniquely combining the latest research into careers with the most up to date coaching approaches, Julia Yates shows how to effectively apply coaching techniques to the world of career support. Demonstrating how coaching research explains practice and how practice benefits from research, The Career Coaching Handbook is accessibly written with a solid evidence-based foundation. Presented in three parts, the book covers developments in theory and research and applies this knowledge to the real world. Part 1, Theories of Career, looks at 21st century career paths, job satisfaction and career changes – both planned and unplanned. Part 2, Career Coaching Approaches, looks at coaching strategies that are applicable to career coaching in particular. Part 3, Coaching into the World of Work, covers specific real-world situations where coaching is beneficial, from job search strategies to CV and interview coaching. Evidence and research is used throughout to demonstrate the most effective strategies for coaching. The Career Coaching Handbook provides an essential introduction for students or practitioners who are interested in developing their own practice, finding new and improved ways to do things and understanding the theories that underpin effective career coaching practice.

Readers will be introduced to the three core approaches of counselling, coaching and mentoring, and shown how they work across a variety of settings, including therapy, teaching, social work and nursing. Part 1 takes readers through the theory, approaches and skills needed for helping work, and includes chapters on: The differences and similarities of counselling, coaching and mentoring Foundational and advanced skills for effective helping Supervision and reflective practice Ethical helping and working with diversity Part 2 shows how helping skills look in practice, in a variety of different helping professions. 10 specially-written case studies show you the intricacies of different settings and client groups, including work in schools, hospitals, telephone helplines and probation programs.

This is the definitive introduction to coaching and mentoring, written by an experienced and multidisciplinary team. Taking you all the way through from the emerging theory to informed practice, the book covers: - Skills, purposes and outcomes of coaching and mentoring processes - The many settings in which they take place – public, private and voluntary - Coaching and mentoring's evidence base and how it is assessed - The professionalization of coaching and mentoring and a move towards integration. Supported by a wide range of case studies, activities, further questions and topics for discussion, this book is a comprehensive but accessible introduction. The authors take a critical approach and go beyond the basics, to support your development as a critically reflective practitioner. It is essential reading for those studying coaching and mentoring, and professionals looking to integrate coaching and mentoring into their organizations.

Are you a career counsellor or coach in need of a new skills set to help meet the challenges of supporting clients? This book is for you. It is the first to combine the theory & practice of CBT with career counselling, presenting cognitive & behavioural approaches to help clients think & act more effectively in challenging situations in order to obtain their goals. Providing clear, practical strategies & a wealth of materials that can be used with clients in one-to-one or group settings, the book introduces: - theory of cognitive & behavioural psychological approaches within the context of career counselling - motivational techniques to help clients succeed at interview - how to help clients make effective vocational/educational choices & excel in the workplace - professional issues i.e., assessment tools, ethical issues, evaluation - self-management, using CBT techniques on yourself. This is essential reading for trainees studying for a careers guidance qualification, as well as CBT trainees wishing to go on to career counselling. Steve Sheward is a Careers Counsellor & CBT Therapist working in the NHS. He was previously director of the Connexions Service in South London. Rhena Branch is an experienced CBT Therapist & author, teaching the MSc in RECBT at Goldsmith's University.

A practical introduction for those training in the field of career development, career counselling and career coaching, this book will take your students through established and emerging theory and the different contexts in which career work takes place introducing the key skills, techniques and models they'll need. Professional issues such as the use of digital technologies highlight the contemporary context of careers work and all of this is brought to life through engaging case studies and reflective questions, highlighting the practical applications of what is being learnt.

For courses in Career Counseling. Taking a contemporary, global view, Introduction to Career Counseling for the 21st Century offers readers a modern look at the field of career counseling-addressing both the foundations of the field and the impact globalization, technology, and diversity play in the future of the profession. Chapter opening quotes from distinguished counseling professionals help set the tone as chapter content explores career development theories, assessment techniques, diverse populations, legal and ethical guidelines, career counseling across life stages, and more. Case studies, class activities and an accompanying DVD add practical application to theoretical content, making the text a comprehensive resource for career development courses today.

Praise for the First Edition: "For those of you who wonder if the counselling approach is of much use for career guidance, this book should be informative. The importance of working with insight into client feelings is exemplified by insights into the need to address and work through feelings so that blocks to career interest and good decision-making can be overcome... The book outlines basic counselling skills and more complex ones and many straightforward exercises; ways of generating career options; career drivers and satisfiers; decision-making exercises; and guidelines for investigating careers... This text has made me more aware of the importance of thinking in terms of counselling and group counselling in the work I do relating to careers[] - Guidance Matters Career counselling is often mistakenly described as giving people advice on finding the best career path. This fully revised and updated second edition of Career Counselling explains what career counselling actually is, why people seek it, and indicates the many contexts where it is used. It describes in detail the skills, tools and techniques of career counselling, useful to both professional career counsellors and those for whom career counselling is just part of their work. This practical guide examines the issues typically brought to career counselling, and includes a completely new chapter on the role of career counselling within organisations. Other areas covered include: o the dilemmas of independent and in-house career counsellors o screening and contracting o ways of facilitating decision-making and managing 'blocks[] o self-management and continuing professional development. Career Counselling, Second Edition stresses the importance of adopting a 'whole person[] approach whilst maintaining a career focus. Illustrated throughout by case studies from the authors[] experience, the book draws on approaches ranging from the humanistic work of Carl Rogers to solution-focused counselling. The book contains an invaluable resources section and includes a brand new appendix containing photocopiable exercises which practitioners and their clients can use in conjunction with their counselling sessions. Robert Nathan is Managing Director of Career Counselling Services, London.