



UNIVERSITÀ
di VERONA



REGIONE DEL VENETO



COACHING, COUNSELLING AND VOCATIONAL GUIDANCE

Group Meeting 1 – Monday 15 July 2019

Ekaterini Anagnostopoulos



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COACHING, COUNSELLING AND VOCATIONAL GUIDANCE

The Coaching, Counselling and Career Guidance Programme includes

- **Classroom Group and Individual Training Sessions, and**
- **Individual Career Counselling.**

Coordination of the course
ASPIC
Vera Cabras, School Director

- Communication of the course calendar
- Notices and communications to course participants
- Timesheet

Email address: vera.cabras@gmail.com

Individual counselling sessions with Ivan Carlot

Individual career counselling sessions provide a safe and confidential setting where participants are free to explore the topics and themes of most concern and interest to them (pertaining to vocational, motivational and career related reflections and considerations, to the experience in a foreign country or other issues and topics).

Email address: carlotivan@gmail.com

Classroom Group and Individual Training Sessions - I – (with Ekaterini Anagnostopoulos)

- Needs analysis. Identification and self-assessment of skills, interests, attitudes, values.
- Vocational guidance and career construction goal setting
- Unfolding talent, building excellence; self-empowerment.
- Study fields/disciplines and possible professional development paths/trajectories Career
- Academic and non-academic learning and career paths.
- Transferable skills training and development: from awareness to deliberate practice.

Our work together: Group and Individual Training

Sessions – workshops II

- Preparation, reviewing and tailoring of the C.V.; presentation, self-promotion and visibility strategies.
- Personal and professional identity (personal branding). Building and maintaining a durable professional integrity and reputation: values, interfacing with social media.
- Methods and search strategies; active job search tools; mapping and evaluating opportunities.
- Handling change; effectively adapting to different work environments.
- Self care, stress management and work-life balance.
- Motivation, self-efficacy, will and self-determination.

Classroom Group and Individual Training Sessions - III -

- Two hours (120') available for distance contact (email, phone brief sessions, e.g. to review c.v., etc.).
- Worksheets, slides, other material will be provided.
- Possibility of short individual feedback sessions during breaks (to be requested in advance).

Contact

Ekaterini (Katerina) Anagnostopoulos, Coaching and Vocational Guidance Advisor, Trainer

E-mail: psicologiaolisticaintegrata@gmail.com

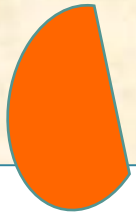
Skype: [psicologiaolistica](https://www.skype.com/name/psicologiaolistica)

- In case you cannot be present at a Group Meeting (workshop and training), please let us know in advance writing by email to the Coordinator: **vera.cabras@gmail.com**



First priority: The state of play

- ❑ What I have achieved until now
- ❑ Activities I prefer (e.g.):
 - Research
 - Teaching/Lecturing
 - Writing
 - Field work
 - Putting into practice in other contexts
 - Publications, recognitions

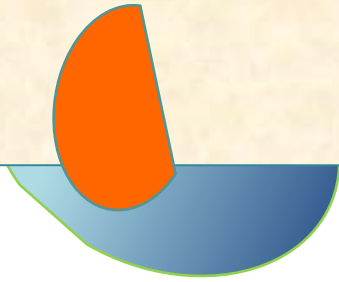


The state of play

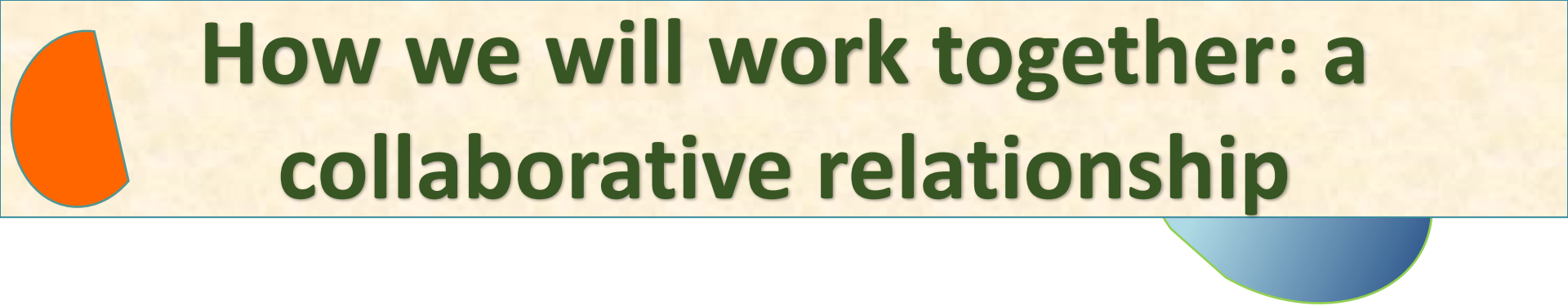


at this stage of your Doctoral Studies, in terms of:

- Research/Career Interests, aspiration
- Career Plan
- Other variables influencing your decisions



Aligning the career coaching, counseling and vocational guidance activities with the Career Development Plan so that they are consistent



How we will work together: a collaborative relationship

- ☐ Workshops, training sessions, group discussion and sharing, exercises and practice
- ☐ Individual and group work, peer to peer learning and exchange
- ☐ Interactive exercises, practicing skills *here and now*
- ☐ Experiencing oneself in group settings
- ☐ Generating ideas, decision making



How we will work together

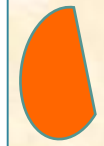


- Sharing ideas and experiences
- Interviews (for different purposes)
- Interactions and simulations, Training and exercise
- Best way to write your experience briefly



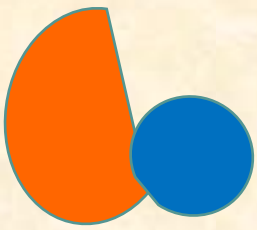
Three foundational aspects. A proposal for self-exploratory reflection

- **My representation(s) of work...**
- **My values ...**
- **How I want to realise myself through work ...**



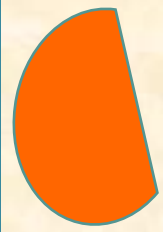
Work related values and priorities

- An activity I like/love doing
- Achievement
- Recognition of the position/role, prestige
- Coordinating/leading other people
- Income, economic status, high earnings
- Job security
- Family ties, relationships
- Work environment, organisational climate
- Variety/Challenge



Work contributes to meaning in life

- ☐ Cultivate and valorise personal characteristics/features, interests, experiences
- ☐ Being inspired by personal values
- ☐ Create your life every day, every moment
- ☐ Building resiliency



Needs, preferences and priorities



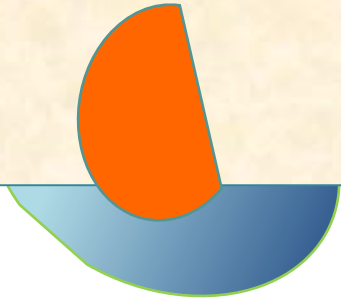
- Knowing one's own strengths and weaknesses
- verbal and non verbal communication
- Stress management
- Time management
- Communication, expression skills
- Interaction with trainers and peers



Needs, preferences, priorities



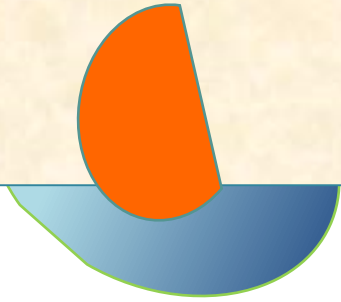
- Alternative/integrative candidature and presentation means:
- Linkedin, Researchgate, video
- Identifying and becoming part/interacting with relevant networks/institutions
- Practice presentation skills
- Post-Doc options
- CV writing and customizing
- How to present my professional identity
- Multipotentiality (many goals, interests)



Purpose and will

Increase the potential of success in your endeavours putting together:

Will, having a life and career project, setting goals, effective actions to give full expression to potentialities, knowledge, experience, abilities.




Purpose and will

Tips, techniques, action strategies for moving forward with your career plan and goals

Deliberate practice and exercise to actualise goals and further develop your creative process

Self-knowledge and awareness: First step toward success



- Obtaining useful information
- Self-knowledge and understanding of future direction



Resources to recognise and value



photo credit: yongkiet da freedig



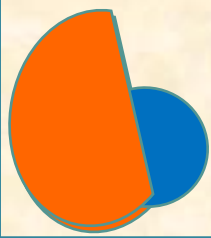
Identify resources from different sources



Non academic work experience,
volunteering, mobility programmes, etc.

Some experiences share by participants:

- *Attending Master's Degree Abroad...*
- *Volunteering (food distribution):
organisation, leadership, time
management, teamwork,*
- *Disaster management*
- *Marketing*
- *Sports, leadership attitude*



Transversal competencies/skills (school, work, private life)

- ❖ Transform resources in transversal and transferable skills
- ❖ Review and define your experiences: narrative and identity continuity
- ❖ A mosaic of skills
 - Soft skills* (at work)
 - Life skills* (across domains, everywhere)
- ❖ Make them available in a variety of situations, activities and contexts where they can result useful, as they did in the past





Self-knowledge and awareness: First step toward success



- ☐ Promote self-awareness of your academic and personal-professional identity, how it was shaped by your previous experiences, by the current doctoral studies experience
- ☐ Unfold and increase the capacity of self-guidance

Creativity in Group interactions



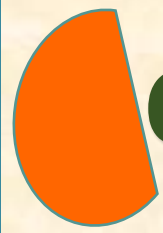
**... generate,
share ideas**

And private moments of creativity

To reflect...



recognise yourself, plan action



Creating connections and synergy

Importance of creating connections and synergy between knowledge, skills and experience acquired through formal and informal learning acquired, skills, experiences.

The Cultural Mosaic (Chao, Moon, 2005)

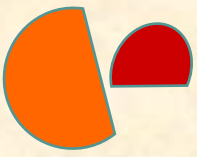
Demographical

- Age
- Gender
- Nationality/Ethnicity
- Profession/job, preminent activity

Geographical (features of a territory or a region)

Relational/associative (formal and informal groups of identification or belonging)

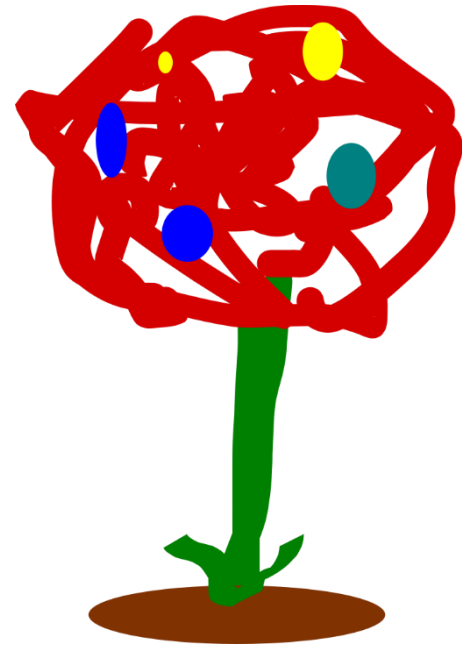
- Family (of origin or acquired)
- Extended community
- Religion, Spirituality
- Interests, hobbies, sports, social groups



Uniqueness of each single person

Identifying Signature Strengths

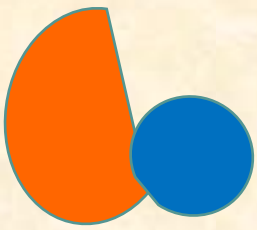
(Martin Seligman)



My resources (1)

- ❖ Knowledge:
- ❖ Abilities:
- ❖ Capacity:
- ❖ Skills developed:
- ❖ Aptitudes, vocation, talent:
- ❖ Attitudes:
- ❖ Good habits:
- ❖ Actions resulted effective:





My resources (2)

- ❖ What I like
- ❖ What I am good at
- ❖ Self efficacy (how I believe I can make it to reach a goal/to overcome an obstacle, etc.)
- ❖ Aspects to improve (what I can modify, practice, learn)
- ❖ Put in practice (actualise)

On career building

- To build up a career you must see it expanding in your mind before it actually takes tangible shape
- Know your self
- Trust your self
- Inspire, motivate, support yourself
- Be among people who make things happen

Practice WILL

- Allow yourself, act with courage in expressing your potentials, as they can be expressed and are manifested
- Trust in your inner resources
- Keep thoughts open to the unknown, recognise opportunities
- Attribute sense to all that you do in your life
- ...
- ...

Arrivederci!

**Thank you for your participation.
attention and contribution.**

Have a nice Summer!

**Our Next Guidance and Training
Meeting will take place
on Friday, 13 September 2019.**



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