

1. Record Nr.	UNINA9910150246903321
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Titolo	Career coach : a step-by-step guide to help your teen find their life's purpose // Dearbhla Kelly
Pubbl/distr/stampa	Dublin, Ireland : , : Gill & Macmillan, , 2015 ©2015
ISBN	0-7171-6856-5
Descrizione fisica	1 online resource (144 pages) : illustrations, tables, chart
Disciplina	331
Soggetti	Vocational guidance - Parent participation Teenagers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover -- Title Page -- Contents -- Foreword -- Introduction -- Your Role as Career Coach -- Who is this Book For? -- My Career: Robert Chambers -- What is Coaching? -- My Career: Diarmuid Gavin -- Step 1: Communicating With Your Teen -- Engaging Co-operation -- Affirmations -- Reflective Listening -- Enhancing Your Teen's Confidence -- My Career: Dr Ria Mahon -- Step 2: Choosing a Career They'll Love -- Identifying Passions and Areas of Interest -- Portfolio Careers -- My Career: Neven Maguire -- Step 3: Help Your Teenager Identify their Skills -- Data, Ideas, People, Things -- Step into Action! -- My Career: Caitlin O'Connor -- Step 4: Look at their Values: What Matters Most to Them? -- My Career: Donagh Kelly -- Step 5: Look at Personality -- Six Types of People -- Multiple Intelligences -- VARK Learning Styles -- My Career: Lieutenant Sinead Hunt -- Step 6: Encouraging Dreams -- Visualisation -- Comfort Zones -- My Career: Ian Power -- Step 7: Motivation and Action! -- Motivation -- Creating Winning Habits -- Procrastination -- Inspiration -- My Career: Marie-Therese de Blacam -- Step 8: Five Ways to Try Out the World of Work -- Dropping Out -- 1. Research and Informational Interviewing -- 2. Networking and Introducing Yourself -- 3. Work Shadowing -- 4. Work Experience -- 5. Volunteering and Participation -- My Career: Peter McAlindon -- Step 9: Helping Your Teen Build Inner Strength and Resilience -- Examples of Resilience -- Embrace the Unexpected -- My

Career: Colm Lynch -- Step 10: Abundance and Creativity -- Limitation -- Excuses and Blame -- Scarcity Versus Abundance -- My Career: Jenny Murphy -- A Final Optimistic Note! -- Above All! -- My Career: Paul Campbell -- Appendices -- Appendix 1: Additional Questions to Ask in an Informational Interview -- Appendix 2: Senior Cycle Education and Applying to College. Appendix 3: Third-level Scholarships in Ireland and Abroad -- Appendix 4: Disabilities and Specific Learning Difficulties -- Appendix 5: Apprenticeships -- Appendix 6: Other Opportunities -- Further Resources -- Useful Websites -- Bibliography and Further Reading -- Acknowledgements -- Copyright -- About the Author -- About Gill & Macmillan.

Sommario/riassunto

'Career Coach' provides parents with the tools they need to guide their teens as they make choices regarding their whole careers, not just potential college courses. It will inspire teenagers to voice their thoughts, opinions, concerns and dreams about their future, helping them to discover their innate strengths and talents, while enabling parents to support and direct their teenagers in choosing a satisfying career.
