

Exploring emotional impasse and transitional challenges in the process of career counselling with adults

During this workshop will be presented concept of emotional impasse: how we can recognize what may be worrying for an individual when they explore new career opportunities and how is it connected with the process of change. Participants will be able to find out more about types of those worries (ex. Am I smart enough?; Will I belong there?; Do I deserve it?) and some techniques for overcoming these worries. Since these worries are natural part of the change process it will be present as well, with specifying when those worries may be indicative for more psychological support with clients. Participant will have tools to deduct what type of worries sabotage their clients to make and pursue their career decisions at the end of the workshop.

This workshop will consist of 1) Presenting types of worries that create emotional impasse and their link with change process 2) Techniques for overcoming worries. Workshop is interactive and it is based on transactional analysis theory.

Workshop leaders: Ruzica Madzarevic and Ivana Vulic from Euroguidance centar Serbia

Istraživanje emotivnih zastoja i izazova prilikom perioda tranzicije u procesu karijernog savetovanja odraslih

Tokom ove radionice biće predstavljen koncept emotivnog zastoja: kako možemo da prepoznamo šta sve može da brine pojedinca kada istražuje nove karijerne mogućnosti i kako je to povezano sa procesom promene. Učesnici će moći da saznaju više o tipovima ovih briga (npr. Da li sam dovoljno pametan?; Da li pripadam ovde?; Da li zaslužujem?) i neke tehnike za prevazilaženje ovih briga. S obzirom da su neke od ovih briga prirodan deo procesa promene biće predstavljeno i kako proces promene izgleda sa naglaskom na tome kada neke od ovih briga mogu da budu indikacija za dodatnom psihološkom podrškom klijentima. Na kraju radionice, učesnici će imati alat da zaključe o tome koje brige sabotiraju njihove klijente da donesi u sprovedu karijerne odluke.

Radionica se sastoji od 1) Prezentovanja tipa briga koje kreiraju emotivni zastoj i njihova veza sa procesom promene 2) Tehnike za prevazilaženje ovih briga. Radionica je interaktivna i zasnovana na teoriji transakcione analize.

Voditelji radionice: Ružica Madžarević i Ivana Vulić, Euroguidance centar Srbija