

GUIDING CIRCLES

AN ABORIGINAL GUIDE TO FINDING CAREER PATHS

Booklet One: Understanding Yourself

About the booklet...

Booklet One: Understanding Yourself challenges individuals to explore their life experiences as a guide for career assessment. Working with a career coach or teacher, individuals identify specific life stories in a positive, focused, self-reflective way, connecting their personal discoveries to the realm of school and work. The *Career Circle* helps create a self-portrait evaluating eight elements that builds a foundation for the later stages of career exploration and decision making. Discovering one's gifts, talents and sense of self offers an incredible source of strength to walk the career journey. Useful for Aboriginal and non-Aboriginal groups or individuals of any age or gender, *Guiding Circles* is flexible, adaptable and engaging. *Guiding Circles* brings together the very best modern career concepts with Aboriginal perspectives for a comprehensive and holistic career assessment approach that works with the whole individual - mind, body, emotion and spirit.

To Receive a Quote:

If your group is interested in hosting a workshop in your community, please reach out to us at contactus@indigenoussworks.ca or call us toll-free at 1.866.711.5091.

About the facilitator workshop...

The *Guiding Circles* booklet one workshop inspires and enlightens teachers, career coaches or individuals to bring new tools to the career development process. This workshop encourages you to participate in the process and reflect on your own career journey stories while discovering an active engagement approach that better connects you to your clients by meeting them where they are engaged in life. You'll explore the circle as a metaphor for careers and life, learning to identify and resolve conflicting values and connect the career process to families, friends and other influencers. Along the way, you will develop questioning strategies that drill down to a deeper level of understanding to enable individuals to discover their skills, talents and passions through story-telling.

This facilitated two-day workshop will give you new skills to deliver *Guiding Circles* to your clientele. Our hands-on approach to learning and small workshop sizes (12-16 participants) ensures you have the confidence, insight and technique to deliver your own *Guiding Circles* activities.

- Two interactive training days
- Ten booklets to help you begin coaching your clients right away upon completion of both training days
- Exclusive access to the *Guiding Circles Booklet One* coaching manual
- Certificate of Achievement for successful

