

# HOW TO STAY SANE IN THE INSANE WORLD – CAREER GUIDANCE MAY BE THE ANSWER!



## 10:00 – 11:00 Opening, introduction

(CEST/UTC+2)

*Eva Kavková (Career Coach, Lecturer, Founder of the EKS, Czech Republic)*

Simultaneous interpretation into Czech and English



## A Year with COVID-19 and Its Impact on Career Guidance

*Eva Kavková (Career Coach, Lecturer, Founder of the EKS, Czech Republic), Nicki Moore (Senior Lecturer in Career Development at the International Centre for Guidance Studies (iCeGS) University of Derby, United Kingdom), Petr Chaluš (Euroguidance, Czech Republic)*

Simultaneous interpretation into Czech and English



The opening presentation will outline the impact of the global pandemic and new challenges faced by career practitioners today. Eva Kavková and Nicki Moore will also discuss steps we can take to make our and our clients' world happier, fairer and healthier, both online and offline. Petr Chaluš will update the audience on current opportunities provided to career guidance and its funding in the new EU Programming Period.

## 11:00 – 12:00 Simultaneous workshops

(CEST/UTC+2)

### Green Career Guidance

*Helena Košťálová (Career Coach, Lecturer, EKS, Czech Republic)*

Workshop in English



As modern people of the 21st century, can we still draw upon the “wild” nature? And do we have anything to offer in exchange? Can career guidance play a role in this? This workshop will explore the topic of humans and nature from several different perspectives. We will use concrete examples to show how career practitioners can support “sustainable careers”. We will discuss cases when nature itself can become a guidance tool and offer several activities to show how to apply eco-psychology in practice.

### Why Do We Need Critical Reflection in Career Guidance?

*Eva Kavková (Career Coach, Lecturer, Director of EKS, Czech Republic), Shiobhan Neary (Head of the International Centre for Guidance Studies (iCeGS) University of Derby, United Kingdom)*

Workshop in English



How does our upbringing, education, social background, political views and values influence our work with clients? Why is it important for a career practitioner to be aware of this influence? In this workshop, we will explain how an un-reflected practice might deepen discrimination and social exclusion of the people we work with. We will present key theories and models of anti-discriminatory and anti-oppressive social practice and demonstrate how they can be transformed and used in career guidance.



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## Positive Uncertainty – a Bulletproof Career Guidance Strategy for a Worried Teenager

*Miriam Dimsits (Consultant in Career Guidance, Founder of Everything about Career, External Lecturer at Aarhus University, The Danish School of Education, Denmark)*

Workshop in English

Young people worry about their first career choices, and how one little step or action can have enormous defining consequences for the rest of their lives (and so do grownups - but that's our secret). So how can we as career guidance professionals support young people in decision making strategies that can fill them with empowerment and value guidelines, and at the same time be lifting weight off their weighted shoulders? In this workshop we will look at the perspectives of Positive Uncertainty and explore the possibilities in working with this method.

## Too Much Information! A Practical Approach to the Discerning Use of Career and Labour Market Information (CLMI)

*Nicki Moore (Senior Lecturer in Career Development at the International Centre for Guidance Studies (iCeGS) University of Derby, United Kingdom)*

Workshop in English

Do you feel overwhelmed by the quantity of information available to you and your clients? Are you concerned about young people's over-reliance on the internet? In this workshop we will explore some of the ethical issues which practitioners face in developing, selecting, and using CLMI. We will also consider a framework of measures which will help you assess the quality of information. The learning from this workshop will allow you to use CLMI more effectively but also help you support your clients in developing effective information handling skills.

## From Oceans' Depths to the Heights of Space: How Not to Give Up and Endure Change

*Dominik Fojtík (Career Coach and Lecturer, EKS, Czech Republic)*

Workshop in Czech

What does Walt Disney, Steven Spielberg and The Beatles have in common (besides popularity)? And what can career practitioners learn from divers who explore the depths of oceans, or from astronauts who explore the outer space? In this workshop we will be looking for the element which helps us achieve successful self-realization despite constant changes and uncertainty. We will introduce simple exercises which can help our clients broaden their perspective and be more successful in managing their careers in the ever changing world.





Program for International online seminar:

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## Career Guidance and Well-Being: Fortune Favours the Ones Who Feel Good

Markéta Cudlínová, Lenka Němcová (Career Coaches and Lecturers, EKS, Czech Republic)

Workshop in Czech



Most of us want to feel good and do well in our lives. No wonder that the topic of “well-being” has also found its way to the field of education. This workshop will explore the model of psychological well-being defined by Carol Ryff and outline ways of supporting the well-being of our students or clients. We will also present practical methods of enhancing self-acceptance, which is a prerequisite for maintaining general psychological well-being and feeling good.

12:00 – 12:15 **Break**  
(CEST/UTC+2)

12:15 – 12:45 **Interview with Nicki Moore: How to Engage Parents in Career Guidance**  
(CEST/UTC+2)

Nicki Moore (Senior Lecturer in Career Development at the International Centre for Guidance Studies (iCeGS) University of Derby, United Kingdom)

Simultaneous interpretation into Czech and English



How often did you hear your parents ask: what are you going to be when you grow up? Did this question help you think about your future career? In this interview with Nicki Moore, one of the researchers and authors of Crucial Impacts on Career Choices research, we will explore different strategies that can help parents and children approach the topic of career choice. Once we manage to equip parents with relevant knowledge and skills so that they can effectively support their kids in career decision making, parents will become valuable allies for our career guidance work.

12:45 – 13:00 **Launch of a new book for career practitioners**

(CEST/UTC+2)

Helena Košťálová, Markéta Cudlínová (Career Coaches and Lecturers, EKS, Czech Republic)

Simultaneous interpretation into Czech and English



The official launch of our brand new book called A Practitioner's Guide to Uncharted Waters of Career Counselling, a Critical Reflection Perspective. This practical book has been written for career practitioners at schools and all those who work with young people. It offers a deeper insight into the topics outlined in the seminar and a lot more! Its content combines inputs from 18 authors from five different countries and various backgrounds. It is available online, free of charge, in English, Czech, Danish, Greek, and Spanish.

**When:** 16.6.2021, 10:00 – 13:00 (CEST/UTC+2)

**Where:** online

**Fee:** none

If you have not already done so, please [register](#) in advance, no later than 27.5.2021!

