



FACILITATING CHANGE AND TRANSITION

Description

This one-day workshop focuses on the nature of change and transition, its relevance to the lives of clients, and the role of the helper in effectively supporting clients through challenging situations. Participants will examine current theories and explore strategies for helping clients understand and deal with change and transition. Knowledge acquired during training will be demonstrated through successful completion of a practicum assignment.

Learning Objectives

Participants will:

- ✓ Understand the nature of change and transition;
- ✓ Understand how change and transition affect clients moving through the career development process;
- ✓ Have knowledge of selected theories and models pertaining to change and transition;
- ✓ Understand the link between change/transition theories and career counseling applications;
- ✓ Be able to apply strategies to facilitate change and transition for clients;
- ✓ Be aware of specific programs and approaches that help clients understand and respond to the changes in their lives.

This workshop addresses the following competencies of the National Standards and Guidelines for Career Development Practitioners:

Core Competencies:

C3.1.3 *Describe how change and transition affect clients moving through the career process*
(Competency Area C3, Career Development Knowledge)

Specialization Competencies:

S3.1.3 *Explain major models pertaining to change and transition*
(Specialization Area S3, Career Counselling)