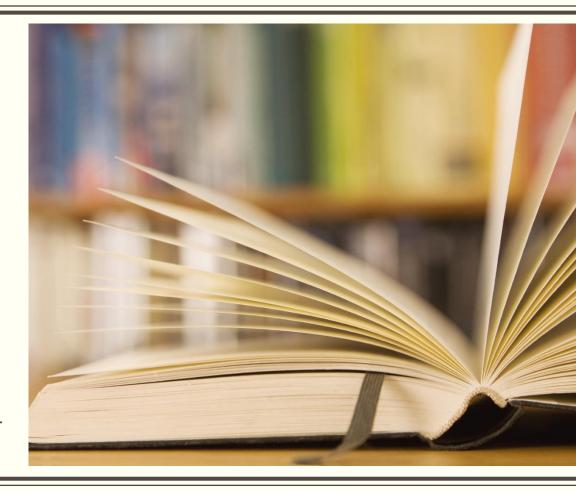


ACADEMIC GUIDANCE

or ...

finding the right academic path leading you to the ideal career





COACHING IS

a process that aims at improving performance in an individual. It focuses on the **here and now** rather than on the distant past or future.



Coaching process

- What is **coaching**? What is it not?
- What is your purpose? (define your aspirations/objectives)
- Examine your current reality
 - Anamnesis= all about yourself
 - Your values, qualities, talents, skills, ...
 - How you can contribute to the society you live in
- Working towards your desired state
 - Your ideal work environment and context
 - Your profile and interests (MBTI RIASEC)
 - Identify and work on any blocking points
 - Meet professionals and establish job forms
- Build up your academic career based on a sustainable action plan
 - Compare resources and profile
 - Set up options and strategies
 - Choose for suitable studies



