

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 REGISTER

Visit aboriginalhr.ca and follow the links to *Guiding Circles*. Using our online system you can directly register for public workshops held across the country.

If your group is interested in hosting a workshop in your community, complete our online Workshop Proposal Request Form. We will do the rest. For more information, email mlessa@aboriginalhr.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 (16-20 participants) ensures you have the confidence, insight and technique to deliver your own *Guiding Circles* activities. For a registration cost of just \$595 for non-profit companies and \$895 for all other companies, plus GST per person, registration includes:

- Two interactive training days
- Training package that includes a *Guiding Circles* booklet and other Aboriginal workforce development materials
- Ten booklets to help you begin coaching your clients right away
- Certificate of Achievement for successful completion of both training days
- Exclusive access to the *Guiding Circles Booklet One* coaching manual



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Booklet Two: Finding New Possibilities

About the booklet...

Guiding Circles Booklet Two: Finding New Possibilities helps individuals use what they discovered in booklet one's self-assessment process to explore career alternatives and effective career decisions. The use of storytelling and creativity to chart meaningful career paths is infused through this workbook as well. It inspires people to build their career vision, one step at a time, breaking long term goals into smaller weekly or monthly steps. The concept of community as a sense of connection and its role in a holistic career support model are discussed. *Finding New Possibilities* engages the individual to explore and prepare for the career journey by realizing that who they are points to what they can do. Each individual is gifted with a wealth of career possibilities; it just takes some creativity, patience, and new perspectives to help them self determine their career path.

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About the facilitator workshop...

Building on the foundation of *Guiding Circles* booklet one, this workshop integrates an Aboriginal worldview with effective career strategies. Through this process, a wide range of career options are generated and the career circle is explored as a 'match' for an individual's career ideas. Career decision making is conducted by looking at reasons, challenges, resources, decisions and actions. You'll learn strategies to prepare individuals to overcome challenges along their career path, evaluate their entrepreneurial skills and involve their social circles in decision making. By the end of this workshop you will understand how to help clients generate many career possibilities then narrow them to a select few.

This facilitated two-day workshop will give you new skills to deliver *Guiding Circles* to your clientele. Although there are no formal pre-requisites, it is highly recommended that participants complete *Guiding Circles* booklet one first to ensure you understand the foundational concepts that are not repeated in booklet two. For a cost of just \$595 for non-profit companies and \$895 for all other companies, plus GST per person, registration includes:

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