



***Asian
Perspective of
Career
Counselling***



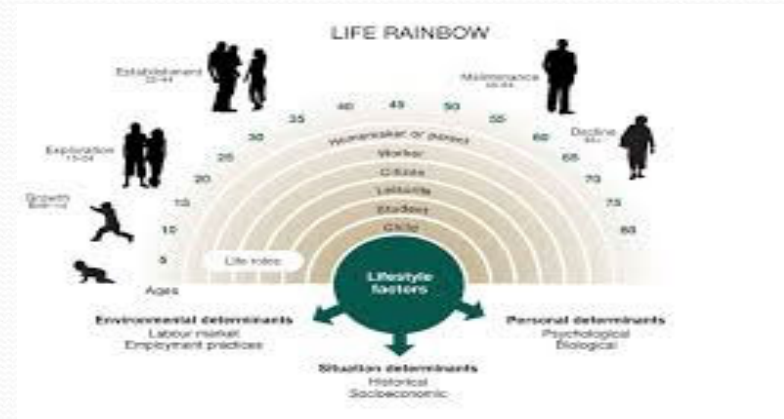
Career Coaching Theories

- Holland's approach gives explicit attention to behavioural style or personality type as the major influence in career choice and development (Edwin & Standley, 1996).
- Holland described that these six personality types have a major impact in their relationship to their selected environment (occupation).



Career Coaching Theories

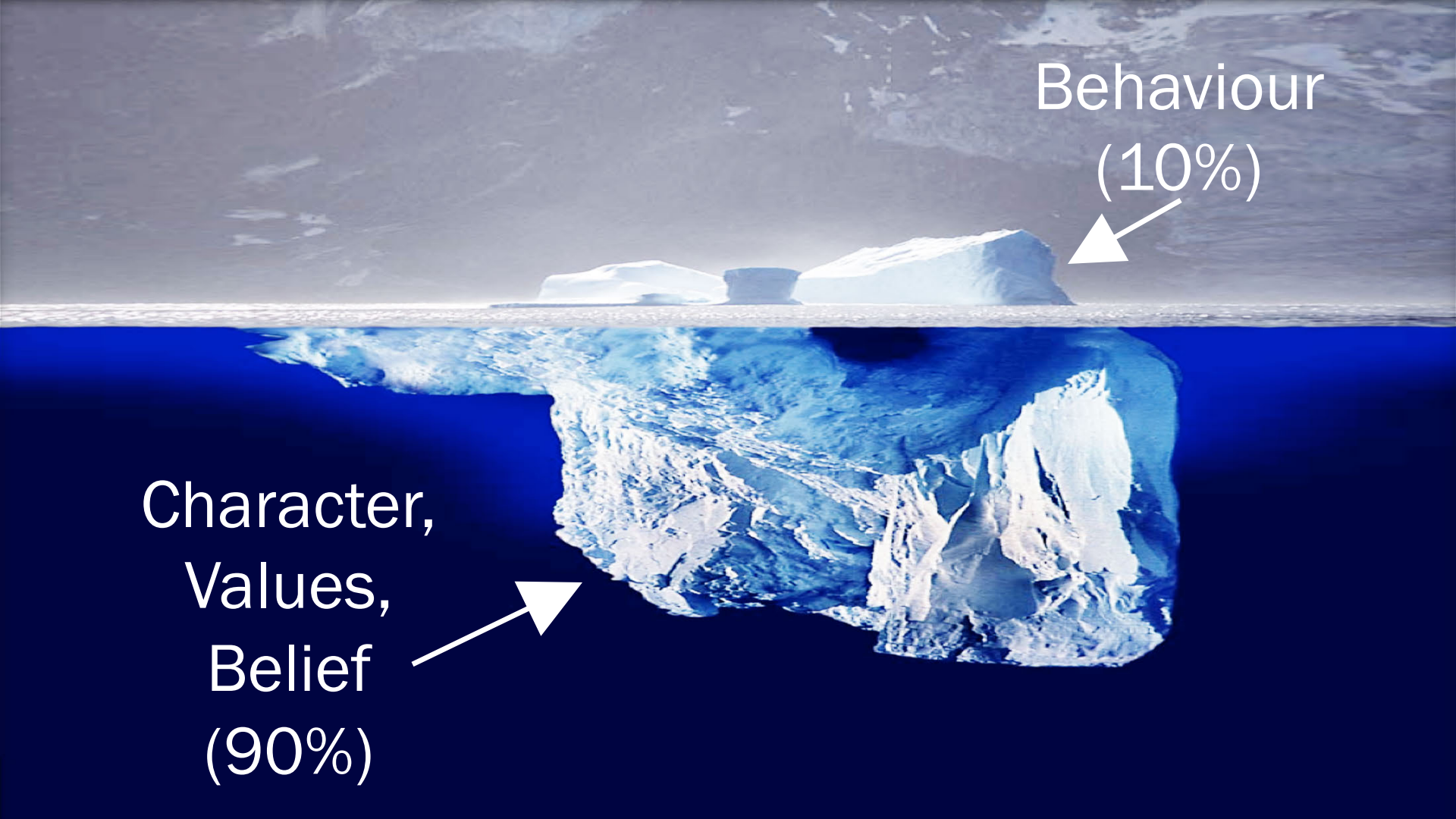
- Super emphasized on the importance of the development of self-concept in his Life Span Theory.
- An individual's self-concept changes over time and develops as a result of his experience (life stages).



Constraints of Western

- Western psychology, specifically the concept of individualism, rationality and empiricism may not resonate with many cultures throughout the world (Marsella, 1998).
- Cultural traditions and practices have a huge impact in an individual's overall development





Behaviour
(10%)



Character,
Values,
Belief
(90%)



FAMILY

- Families provide the most powerful socialization context for the development of a child.
- The child's first context for learning the language, cognitive skills, social and moral values of his/her culture
- Family members share common goals, resources and a commitment to each other over time (Bubolz & Sontag, 1993).



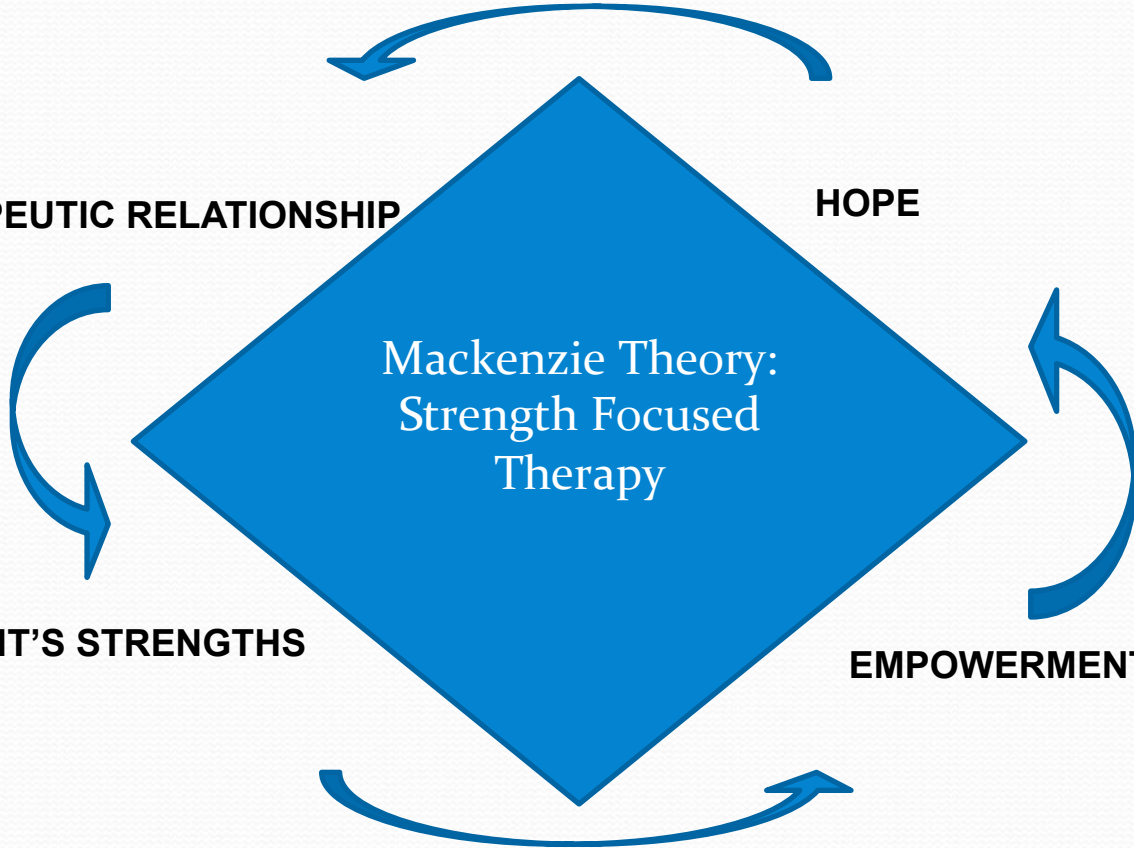
THERAPEUTIC RELATIONSHIP

HOPE

Mackenzie Theory:
Strength Focused
Therapy

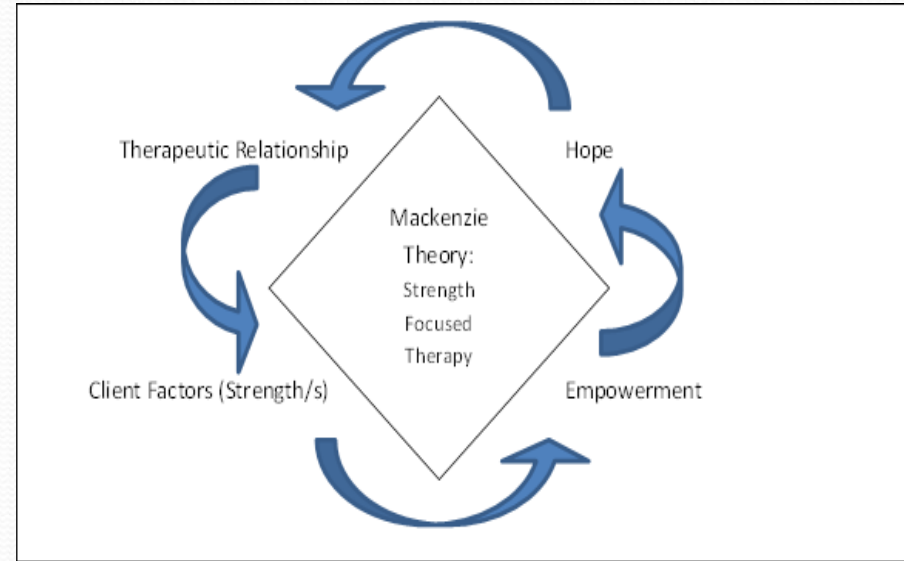
CLIENT'S STRENGTHS

EMPOWERMENT



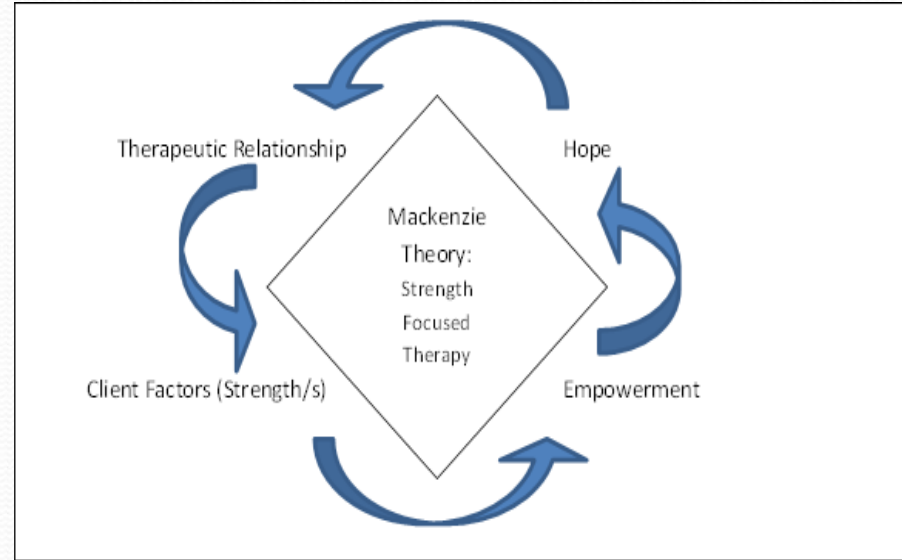
- *Key Assumptions:*

- *Every significant incident in an individual's life is a Learning Point.*
- *Every Learning Point contributes to a new discovery of an individual.*



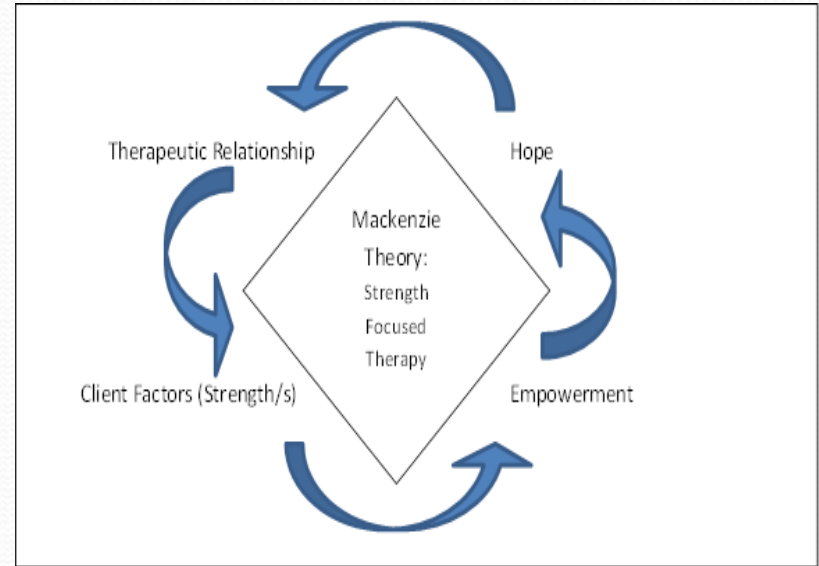
Necessary and Sufficient Conditions

- *Therapeutic Relationship*: a non-neurotic, rational reasonable rapport, which the client shares with his therapist. A relationship enables both the client and therapist to work purposefully in the therapy situation with clear therapeutic goals
- *Client's Factors – Social Support*: Therapist helps client identify his/her personal strengths. Thus client's personal strengths, talents, resources, beliefs, social supports, spontaneous remission and fortuitous events in the client's life contribute to a successful change

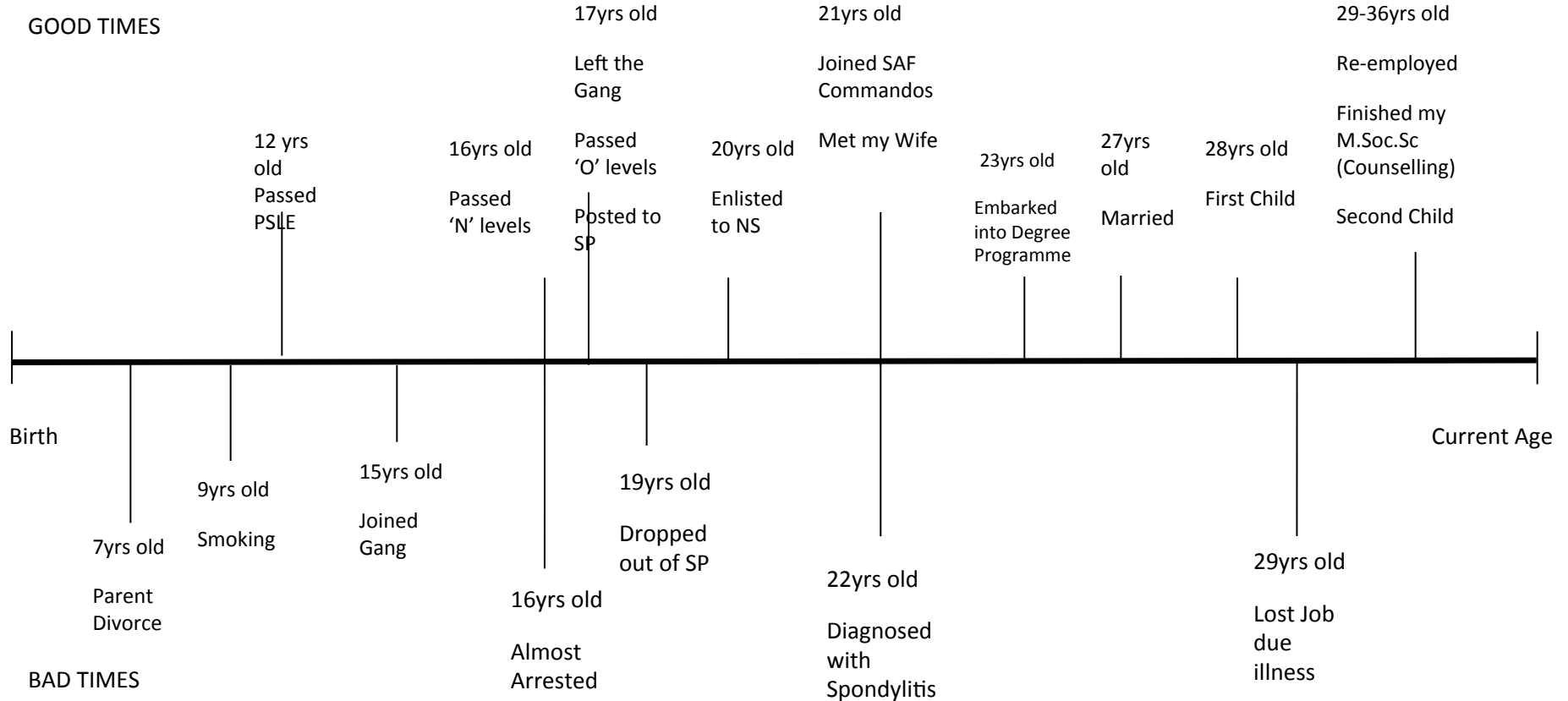


Necessary and Sufficient Conditions

- *Empowerment*: focus of helping from the diagnosis and treatment of problems to the collaborative discovery of existing strengths and resources relevant to client's goals.
- *Hope*: is a powerful tool that promotes successful psychotherapy change. Therapist is to instil hope during the session.

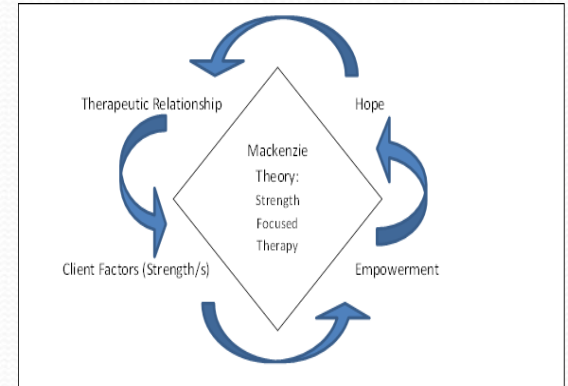


Life Time Line



Guiding Questions

- *Scaling Question of Each Event (1-10).*
- *What make it a _____ (the number) and not _____ (2 digit lower).*
- Select 2 most significant events.
- What are the positive learning points in these events?
- What is stopping you now to transfer these learning points to your current situation?
- What is the 1 thing you would like to work on to impact change?



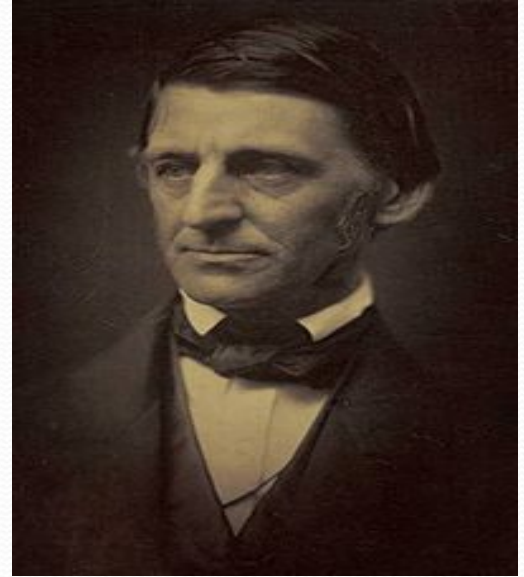
SMARTER Goals

- S - SPECIFIC
- M - MEASUREABLE
- A - ATTAINABLE
- R - REALISTIC
- T - TIME FRAME
- E - EVALUATE
- R - RE-STRATEGIZE



“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself”

RALPH WALDO EMERSON



Thank You
Thank You

