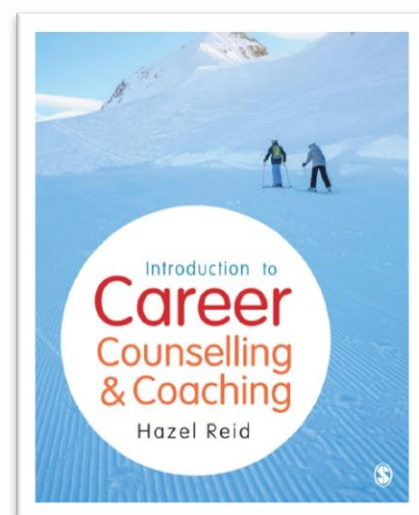


# Introduction to Career Counselling & Coaching

**Hazel Reid, Canterbury Christ Church University**

*'Teasing out the similarities and differences between the two activities of career counselling and career coaching is a bold, and welcome, step.'*

**Jenny Bimrose, Institute for Employment Research, University of Warwick**



*'Hazel Reid has produced an authoritative and timely review of careers education and guidance counselling – pulling together several strands of new knowledge and understanding in a style that is well-balanced and easily accessible.'*

**Michelle Stewart, Course Director, Careers Guidance, London South Bank University**

*'This book is highly engaging and well written – it will meet the needs of both practitioners and trainees at a time when the field of career counselling and coaching is becoming increasingly dynamic.'*

**Steve Sheward, Career Counsellor and Senior CBT Therapist working in the NHS**

Are you a trainee career counsellor or coach wondering what theory and skills you will need to help support clients in a variety of challenges and contexts?

This is the book for you. This practical introduction will take you through the established and emerging theory and the different contexts in which career work takes place. You'll be introduced to the key skills and techniques you'll need, and shown how various models used in career conversations look in practice.

The book also examines professional issues such as the use of digital technologies, working with diversity, and becoming a critically reflective practitioner. All of this is brought to life through engaging case studies and reflective questions, helping you put what you learn into practice.

This comprehensive resource is essential reading for trainees on a range of career work courses and for practitioners in their continuing professional development.

**October 2015 - 304 pages**

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