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What is Career Guidance & how Guidance helps You?

Stephen Byrne, Guidance counsellor (15/09/2023)

What is Career Guidance?

Career guidance counselling is impartial. Guidance is not just for school days, but to support you during your lifetime. Guidance support helps you explore your full range of choices and plans in your career journey. Your journey may involve pathways in education, training, and employment. Change can be consistent in your working life. The labour market changes, job skill requirements change, what you value for your career and life changes. You may have asked yourself the questions, should I stay or go, how do I decide, where do I start?

On average people may have between 10 and 12 different jobs in their career journey by age 38 (IBEC, 2018). More than half of workers in Ireland are considering changing jobs, and 1 in 5 over the next 12 months (PWC, 2022/2023).

How does Career Guidance help You?

As a guidance counsellor over the past 9 years', I have supported people to build their career management skills. I develop these skills with people, to make plans towards their goal. Each career goal will involve challenge, change, decisions, plans, and actions to keep focused with motivation.

- Applying for pathways in (FET) Further education & training colleges (PLCs) Post leaving cert courses.
- Applying for Apprenticeships.
- Applying for CAO colleges.

- Job seeking & applications.
- Learning while working options.
- Developing your CV.
- Exploring Your work life balance.
- Using social media & networking to find employment.
- Managing finance & costs of learning.
- Getting work experience.
- Studying abroad.
- Building up literacy and language skills.

There are many paths to choose, professional support and guidance offers you the chance to understand your change and next steps with confidence.

The very best of luck in your career journey. Where would you like to start?

References/ Web citations:

Bureau of Labor Statistics, March 2015; Ibec (2018) Smarter World Smarter Work [<https://www.smartfutures.ie/wp-content/uploads/2018/12/Informed-Choices-Career-Guidance.pdf>] [web links accessed, 12/09/2023].

PWC 2022 cited in Independent
<https://www.independent.ie/business/irish/over-half-of-irish-workers-want-to-change-jobs-and-pay-is-the-main-reason-to-switch-according-to-pwc-survey/42055763.html> [web links accessed, 12/09/2023].

PWC 2023 <https://www.pwc.ie/media-centre/press-releases/2023/hopes-fears-workforce-survey.html> [web links accessed, 12/09/2023].