

Call me!

How we can work with career, vocation and calling to support our own career development (as well as our clients).

Is working out how to identify and pursue a calling one of the career management skills that we need to develop in our clients?

In recent years, the idea of helping clients to identify and follow a 'calling' has emerged as a way to consider internal career motivations, increasing work meaning and job satisfaction. We know that finding meaning and purpose in work is one of the reasons that people seek out the support of career coaches and guidance practitioners. But what about our own reasons for working in this field? Is perceiving and living a calling a useful way for us to think about our own career development?

In this workshop we will take some time to think about our own career development: where we have come from and where we are going to. We will identify key elements of calling and consider together how useful they can be for us to maintain our working lives and build our career management skills. We will look at how we can increase our commitment to career through some creative 'job crafting' as well as avoiding some of the negatives of seeking meaning solely through work.

Having experienced some of this for ourselves we will go on to consider how these ideas could be incorporated into our practice and inform our work with clients, both one to one and in groups.

Come along to think creatively, take time to focus on your career and maybe try something new for your practice!

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