

# TRAINING SESSION IN OULU 25.2.2016, 4 HOURS

22 participants (career counsellors) from at least 12 different organisations

- adult education centres
- vocational schools
- TE-office (employment offices)
- entrepreneurs in guidance
- municipalities / guidance projects
- guidance counsellor students

Trainer: Teea Oja

Duration: 4 hours

Start: Teea introduced herself and said welcoming words to participants. Then Teea introduced the mirror exercise. Everyone did the exercise in silence. After that, Teea built a bridge between the exercise and the topic of the training – guidance for people in employment: "This time, you are not just experts guiding others but also the target group!" Teea talked about lifelong guidance, TOKI project and Worklife guidance project. Teea introduced the content of the afternoon training and the aim of the training.

## PARTICIPANTS GETTING TO KNOW EACH OTHER IN GROUPS



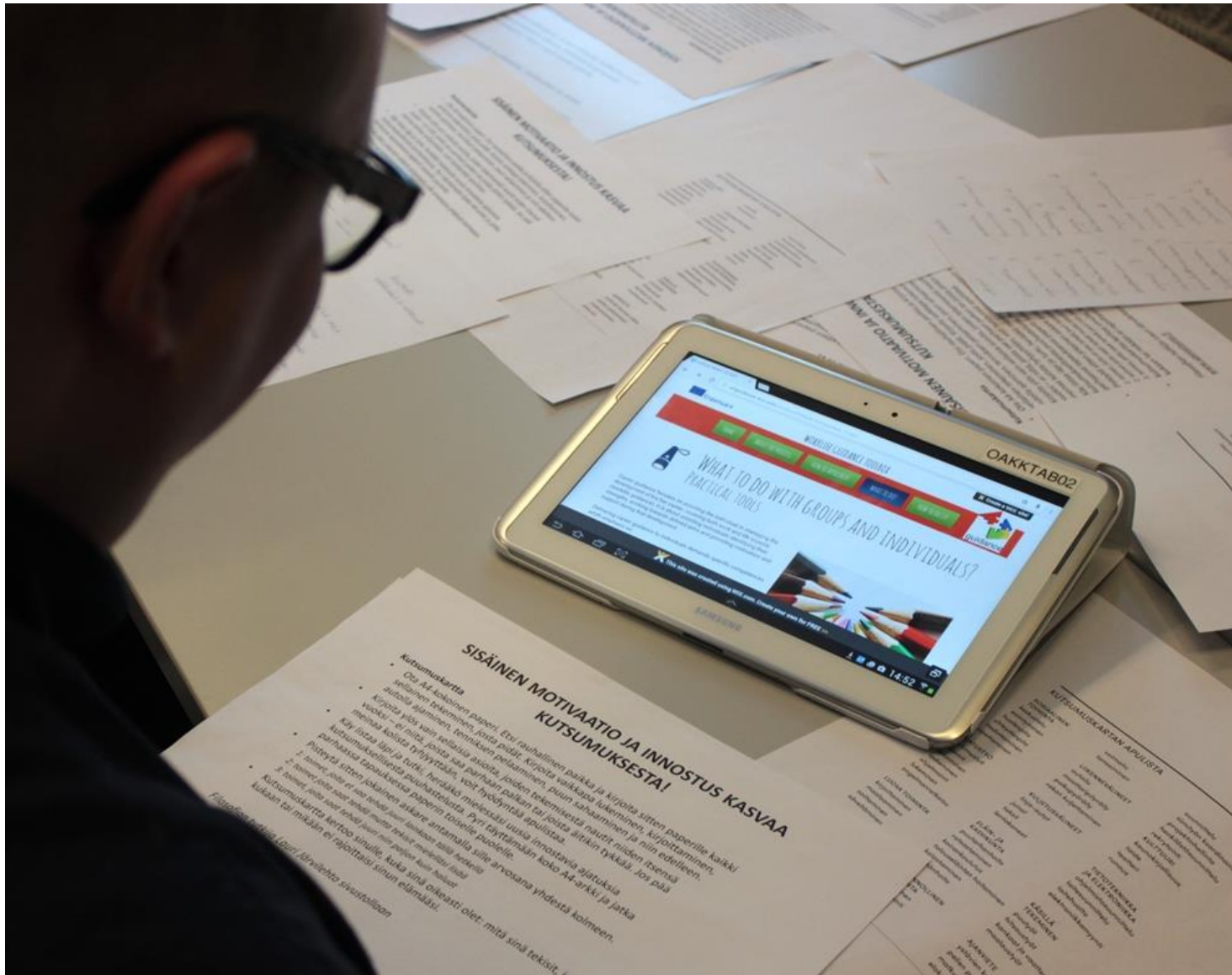
# CHEERFUL CHATTING IN ALL GROUPS



AFTER INTRODUCTIONS, TEEA TALKED ABOUT CAREER GUIDANCE FOR EMPLOYEES IN GENERAL. TEEA SHOWED SLIDES "ELEMENTS OF WORKLIFE GUIDANCE IN ORGANISATION" AND HOW CAREER COUNSELLORS NEED COMPETENCIES TO KNOW THE BLOCKS OF POSSIBILITIES OF EACH SITUATION THEIR CLIENTS MEET. PARTICIPANTS GOT 3 CASES (MARI, SAMI, ESSI) TO EXERCISE IN PAIRS.



AFTER THE EXERCISE, TEEA GAVE EVERYONE A TABLET. THEN TEEA INTRODUCED THE TOOLBOX / HOME PAGE, CHAPTER 1 AND CHAPTER 2. AFTER THAT, SHE GAVE EVERYONE TIME TO FAMILIARIZE THEMSELVES WITH THE TOOLBOX INDEPENDENTLY.



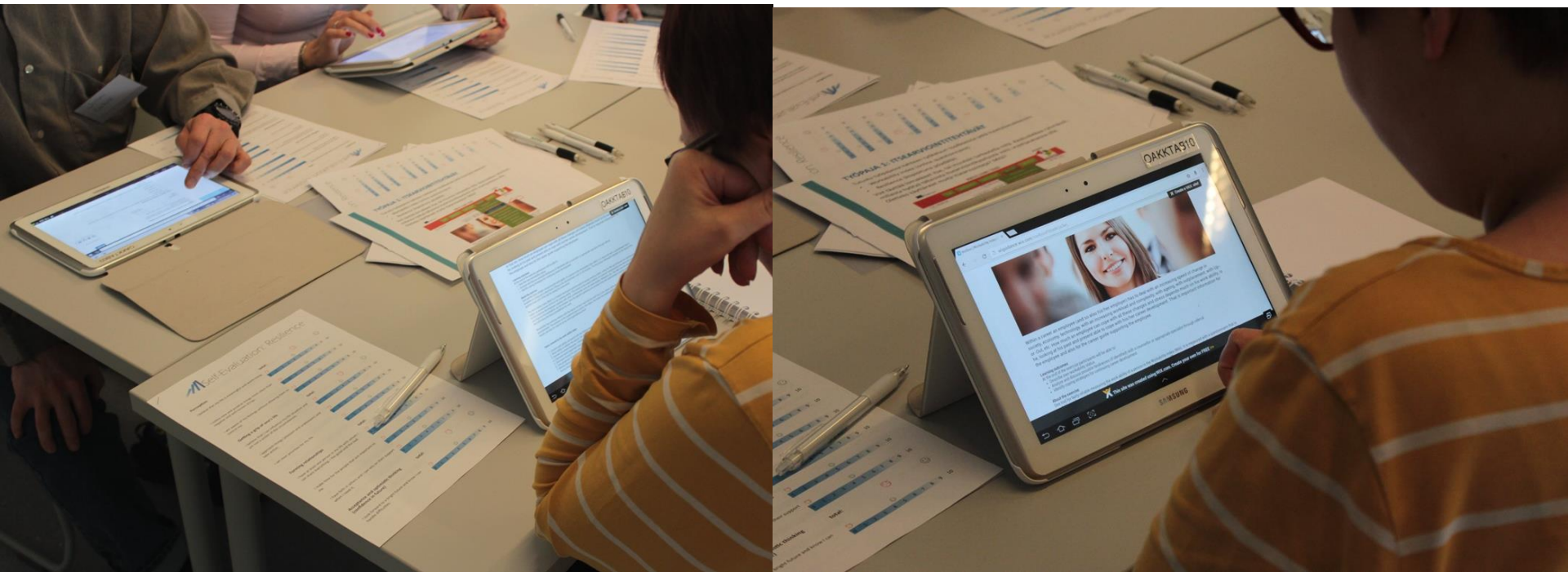
**COFFEE BREAK! PARTICIPANTS HAD  
TIME TO NETWORK AND TALK ABOUT  
WORKLIFE GUIDANCE :-)**



**AFTER THE BREAK, TEEA INTRODUCED THE CHAPTER 3 AND FOUR WORKSHOPS. SHE HAD SELECTED INTERESTING TOOLS TO BE CHECKED OUT AND TALKED ABOUT IN THE WORKSHOPS.**

**PARTICIPANTS WERE DIVIDED DIFFERENTLY TO THE GROUPS, SO THAT THEY MET NEW PEOPLE. EACH GROUP SPENT 15-20 MINUTES IN ONE WORKSHOP.**

**WORKSHOP 1 WAS ABOUT SELF-SURVEYS. PARTICIPANTS GOT TO KNOW WORK ABILITY INDEX AND RESILIENCE. THEY DISCUSSED, HOW SELF-SURVEYS CAN HELP CLIENTS AND WHAT KIND OF SELF-SURVEYS THEY USE IN THEIR WORK.**



**WORKSHOP 2 INTRODUCED  
TO VISUAL METHODS IN  
CAREER GUIDANCE.**

**PARTICIPANTS GOT TO  
KNOW LIFE LINE, TREE OF  
PROFESSIONAL GROWTH  
AND LIFE SPACE MAP.**

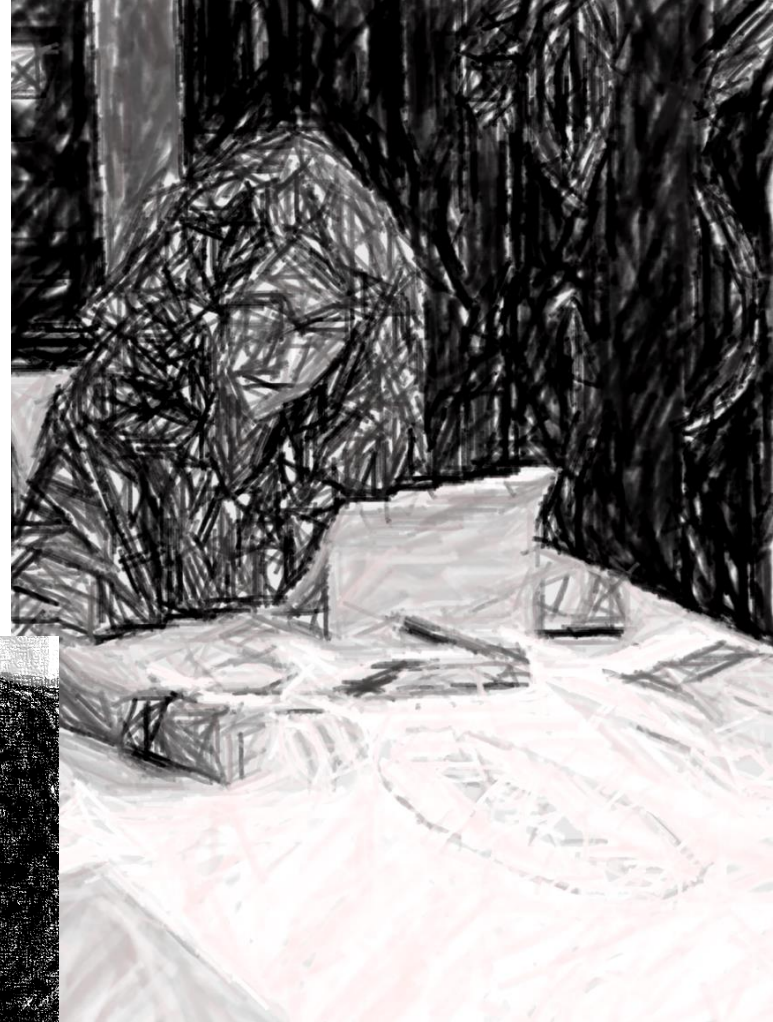


**PARTICIPANTS TRIED  
OUT ONE VISUAL  
METHOD BY DOING IT  
THEMSELVES.**

**THEY ALSO REHEARSED  
COUNSELLOR'S  
QUESTIONS IN PAIRS.**



**WORKSHOP 3 WAS OF PORTFOLIO.  
PARTICIPANTS CHECKED OUT TWO  
PORTFOLIOS IN TOOLBOX AND TALKED  
ABOUT PORTFOLIOS: WHAT COULD BE  
THE FORM OF A MODERN PORTFOLIO  
IN FINLAND?**



**WORKSHOP 4 WAS THE CALLING / MAP.**

**THIS EXERCISE HAS BEEN WIDELY LIKED AMONG PEOPLE IN EMPLOYMENT. IT MAKES YOU SEE WHAT ARE THE THINGS YOU LIKE TO DO GENUINELY AND IF YOU GET TO DO THOSE THINGS AS MUCH AS YOU LIKED. PARTICIPANTS DISCUSSED IN THIS WORKSHOP, WHAT KIND OF QUESTIONS COULD YOU ASK ABOUT THE MAP FROM YOUR CLIENT AND HOW THIS EXERCISE COULD HELP THE GUIDANCE PROCESS.**



AFTER 3,5 HOURS OF WORK AND EXCITED CHATTER, TEEA INTRODUCED THE CHAPTER 4 AND PROCEEDED TO EVALUATION OF THE TOOLBOX. EACH PARTICIPANT FILLED AN EVALUATION QUESTIONNAIRE BY HAND. JUST BEFORE THE FINISHING OF THE TRAINING, TEEA TALKED ABOUT COUNSELLORS' POSSIBILITIES TO DEVELOP WORKLIFE GUIDANCE COMPETENCES FURTHER BY PARTICIPATING IN THE FINAL CONFERENCE OF THE PROJECT OR ENROLLING ON THE "WORKLIFE GUIDANCE EXPERT" TRAINING AT OAKK, STARTING NEXT SEPTEMBER.

