

Group and online activities of career guidance and counseling

11.12.2018., Hotel „N“, Bilećka 57, Belgrade

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| 09:30-10:00 | Registration |
| 10:00-11:30 | Workshop 1: Online Counselling and Resilience |
| 11:30-12:00 | <i>Coffee break</i> |
| 12:00 – 13:00 | Workshop 1: Personal Profile- Interview schema |
| 13:00-14:00 | Workshop 2: Group Counselling |
| 14:00-15:00 | <i>Lunch</i> |
| 15:00-17:00 | Workshop 2: WATCH (What Alternatives? Thinking- Coping- Hoping) support system |
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WORKSHOP 1:

Technology is Changing the Way We Work, Online Counselling - Resilience - Personal Profile

The focus is on introducing methods to guide counsellors and other specialists when assisting individuals seeking counselling or therapy. These methods were developed and tested in various countries throughout Europe. Online counselling is becoming increasingly essential for practitioners to reach digital natives and others who prefer using the internet for interaction even when seeking counselling or therapy. In this workshop, the emphasis will be on online counselling and introducing the Four-Film concept, the resilience concept and the interview schema Personal Profile. The workshop includes presentations and exercises.

WORKSHOP 2:

Group Counselling – Support System for Individuals

Group counselling and support systems can be practical ways for professionals to use. Individuals having to make difficult decisions or standing at crossroads in their lives are likely to benefit from participating in group counselling. Being a part of a group can help individuals learn about their own social skills and self-awareness. The WATCH programme (What Alternatives? Thinking - Coping - Hoping) will be introduced in this workshop, designed to assist professionals in

implementing and facilitating groups. The aim is to support the individuals to set goals, enhance their abilities and skills and give them opportunity of monitoring their well-being. The workshop includes presentations and exercises.

PRESENTERS:

Anna Sigurðardóttir



Anna Sigurðardóttir, Master of Human Relations, works as an Educational and Vocational Counsellor at the Icelandic School of Visual Arts. In her private practice she offers presentations and workshops. She has been conducting research in the field of dropout and group counselling focusing on prevention strategies.

Anna has been working in the educational system in Iceland at all school levels and in adult education. She has participated in several European projects focusing on strengthening and supporting individuals. Anna has been an active member in the Nordic and international associations for educational and vocational counsellors. Furthermore, she is one of the authors of the *WATCH handbook* and the *Personal Profile* Interview schema.

Björg Jóna Birgisdóttir

Björg Jóna Birgisdóttir, MSc in Educational Counselling, works as a Director of Academic Affairs at Iceland University of the Arts. Björg has been working as an educational and vocational counsellor at university level for many years and before that teaching at all school levels. She has organized many conferences and workshops both in Iceland and Europe.

Björg has been conducting research in the field of dropout and group counselling focusing on prevention strategies. She has been a project coordinator of European projects focusing on developing methods for counsellors to use when supporting individuals. Furthermore, she is one of the authors of the *WATCH handbook* and the *Personal Profile* Interview schema.

