

What is Career Guidance?

“Career guidance refers to services and activities intended to assist individuals, of any age and at any point throughout their lives, to make educational, training and occupational choices and to manage their careers.

The activities may take place on an individual or group basis and may be face-to-face (1-1) or at a distance (including helplines and web-based services). “

(OECD, 2004)

Your career direction is usually the result of a range of different factors and decisions coming together. Qualifications, training and experience are important but understanding your personal qualities, skills, strengths, outlook, and preferences can really help you find a good job fit.

