



## Life Design Counselling

Presented by the Department of Educational Psychology, University of Pretoria

**PSB002/001/04/2021 for 6 general CEU's in Level 1 for attendance and PSB002/002/04/2021- for 1 CEU in ethics in level 1 for attendance**

**Life Design Counselling** is an innovative approach in career counselling that has received much attention in Global North contexts but much less attention in Global South contexts thus far. It is essential to address this hiatus. Life design counselling has been shown to help people understand themselves better, design new selves, construct careers, promote action, and imbue a sense of meaning, purpose, and hope in them.

This workshop represents an attempt to equip career counsellors with the know-how to empower their clients to clarify their career-life identity and successfully deal with change. It is based on the emergence of self- and career construction and life design in response to fundamental changes in the world of work. Furthermore, it explains the essence of self- and career construction in relation to life design, advances field of career counselling in the 21st century, and it deals with the re-emergence of adaptability and employability as pivotal thriving ('survival') skills in 21st century career counselling contexts.

### Learning outcomes

After successfully completing this course, you will be able to

- understand and apply the essential characteristics of self- and career construction and life design in individual and group contexts,
- help people successfully navigate multiple transitions in their career-lives, and
- promote people's sense of career-life identity ("Who am I?"), (career) adaptability, employability, and (career) resilience as key flourishing skills in the 21st century.

### Who should enrol?

This course is ideal for you if you are a psychologist, psychometrist, registered counsellor, or intern-psychologist with a Master's Degree in Psychology.

### Workshop fees

**R2 000.00 per delegate (VAT incl.)**

Workshop fees include all course material and refreshments during the contact day.

We recommend that delegates purchase and read the following book before attending the workshop: Maree, J. G. (2020). *Innovating counselling for self- and career construction: Connecting conscious knowledge with subconscious insight*. New York, NY: Springer.

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to [enrolments@enterprises.up.ac.za](mailto:enrolments@enterprises.up.ac.za).

### Admission requirements

Registration as any of the following:  
Psychologist, Registered Counsellor, or Social Worker with a Master's Degree in Psychology.

### Accreditation and certification

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**Delegates who successfully complete the workshop can apply for a maximum of 7 general CEUs (Level 1 attendance) and 1 ethical CEU (Level 1 attendance).**

### Registration and enquiries

#### Course Coordinator

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#### Course leader

Prof. Kobus Maree  
Department of Educational Psychology



**Prof. Jacobus Gideon Maree** is an educational psychologist and a Professor in the Department of Educational Psychology at the University of Pretoria. He holds Doctoral Degrees in Education (Career counselling), Mathematics Education, and Psychology. He has received multiple awards for his work and has a B1 rating from the National Research Foundation.

A fellow of PsySSA and the IAAP, he has authored over 90 peer-reviewed articles and 75 books/ book chapters on career counselling, research, and related topics since 2010. In the same period, he supervised 38 Doctoral theses and Master's dissertations and read keynote papers at over 30 international conferences.

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