



The Young and the Anxious:

How counselling paired with career coaching can help tone down the soap opera in your home

The teen years and early 20's can be highly stressful as young adults grapple with a range of personal and emotional issues while also trying to get started on the path towards longer-term career satisfaction and success.

In this educational session, you will learn why career coaching specifically tailored to the unique needs of young adults (15-24) can help in answering the question "what's next?", provide a clearer sense of self-awareness, purpose and motivation, and help reduce anxiety.

By addressing this fundamental question, in conjunction with counselling focused on complementary issues of self-esteem, relationships and motivation, young adults can launch themselves more successfully into adulthood.

You will learn:

- How career exploration and planning can help to successfully 'launch' a young adult
- Why an in-depth holistic approach to counselling can identify the needs, strengths and goals of the young adult, and encourage growth and positive change

Tuesday January 24

7:00 – 8:00 pm

Ottawa Library:

101 CentrepoinTE Dr., Nepean

Audience

Parents of young adults (15-24), and young adults themselves, who are dealing with anxiety or stress related to career direction, and figuring out what's next.

Presenters

Cathy Lumsden

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Career Coaching for Young
Adults