

Webinar - 7th December 2023, 14:30 -16:30

Career Transitions: Counselling for highly qualified migrants

Overview

Career transitions are currently being examined as markers of career path complexity and viewed as contributors to creating precarious career trajectories. This webinar provides an overview of the psychosocial transition processes that facilitate adaptation to voluntary and involuntary career transitions. The career transitions of **highly skilled migrants** will be discussed. The transition process will be discussed to introduce a holistic checklist for career guidance counsellors and work psychologists to use. This checklist will help to identify relevant pre-transition factors (i.e., transition, individual, situational, and work characteristics), which interact to shape the subjective experience; the career transition *process* (i.e., identity change, relationship to work and relationship to retraining); and the career transition *outcomes* (i.e., entry into work and objective and subjective transition success). This research into career transitions forms part of a larger project, called *Skilled Migrant Adjustment to Career Transitions (SMACT) Project* (Grant Agreement number: 890967 — SMACT — H2020-MSCA-IF-2019/H2020-MSCA-IF-2019). For more information please see the SMACT website at <https://www.smact.work/>.

This webinar is designed to support vocational, study and career counsellors and practitioners facing the challenge of providing counselling to highly skilled migrant who have transitioned to another country. An overview of the current research on career transitions and migrant adjustment will be included in the workshop, so extensive knowledge is not required. Participants are expected to read case studies to participate efficiently in the workshop and group discussions. Participants are also encouraged to bring questions that they would like to discuss. A practical and holistic approach will be taken to help practitioners in their counselling practices.

Contents of webinar:

- Overview of current state of research on career transitions and migrant adjustment
- Provide an overview of the adjustment process: pre, during and post- career transition
- Group work with case studies
- Application of the adjustment checklist for the case study
- Facilitated group discussion

The main goals of this workshop are to:

- gain a basic understanding of the current research on career transitions and migrant adjustment
- understand the complexities of the adjustment process: pre, during and post- career transition
- understand important considerations when counselling highly skilled migrants
- Obtain a holistic checklist that can be applied in counselling processes with highly skilled migrants

Structure: Theoretical inputs with practical examples, demonstration of counselling strategies on case studies, and a guided discussion

Target group: Vocational, study and career counsellors

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Programme

Career Transition Lecture - 7th December 2023 All times are Central European Summer Time (CET)		
14:30	Welcome & Introducing career transitions	Anouk Albien
	Adjustment process: pre, during and post- career transition	Anouk Albien
	Introducing a holistic checklist for understanding career transition processes	Anouk Albien
15.30	Short break 10 min	
	Introducing a holistic checklist for understanding career transition processes	
	Application to case studies	Break out sessions
	Group feedback	Anouk Albien
16:30	Summary and closing	

Speaker

Dr. **Anouk Jasmine Albien** (PhD) is currently a Marie Skłodowska-Curie Individual Fellow at the **University of Lausanne** as part of the Research center in vocational psychology and career counselling (CePCO). She is a registered career counselling psychologist with 10 years of experience. Furthermore, she is a proud Stellenbosch University Alumni and research affiliate at Stellenbosch University. Currently, she acts as the European Doctoral Programme in Career Guidance and Counselling (ECADOC) programme manager. She has expertise in both quantitative and qualitative research and aims to contribute to advancing research and praxis based on the career development trajectories of population groups undergoing career transitions (i.e., including migration and/or international mobility).

Registration

<https://forms.office.com/e/RupMCfXGQY?origin=lprLink>

Registration deadline

2023-12-01

Event cost

Free of cost