

CAREER CONNECTIONS

Newsletter of the Career Counseling Department of
THE CAREER COUNSELING CENTER

Hartford College for Women, University of Hartford

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“If you don’t risk anything, you risk even more.” – Erica Jong

Synergy Between Career Counseling and Therapy

Many of our career counseling clients are referred to us by their therapists to work specifically on their career issues. Career satisfaction is an important ingredient of good mental health. When people are not well suited to their jobs and dislike going to work it can lead to frustration, stress or depression. Many feel an emptiness that begins to affect other parts of their lives.

We often work with our clients in tandem with their therapists. Our focus is to help our clients figure out career alternatives. We help them understand what they want and need from a career for it to bring them personal satisfaction. We want them to know what values, skills, personal traits, interests and work environment issues are important to them. It is only with this self-understanding that they are able to make good decisions about their careers.

The tools we use in the career planning process are worksheets we have created to aid in self-assessment and two standardized inventories, the MBTI and Strong Interest Inventory.

Our clients usually work with us for a relatively short period of time (4-6 sessions). They often find they want the ongoing support of their therapists to help them through their career transition. Therapy has also helped many clients work through the personal obstacles that are the roadblocks standing in the way of them moving in a healthier direction. Together we can help our clients make positive changes in their lives.

Testimonials

“Career counseling helped to clear my head, refocus my efforts.”

“It encouraged me to consider a wider range of possibilities that I might not have otherwise. I also gained a better understanding of myself.”

“Extremely comprehensive, professional yet personal and fun.”

“Excellent support and direction in trying to find the best career fit for me.”

“Very personal; really listened to my priorities about values, skills; gave me some wind beneath my wings! EXCELLENT!”

“Being focused and aware of one’s career goals can be very inspiring.”

“Helped me do things that I would not do on my own, giving me direction and accountability for my actions.”

“I feel confident in myself because of the support and nurturing I received from my counselor.”

**The Career Counseling Center
Hartford College for Women**

University of Hartford

50 Elizabeth Street
Hartford, CT 06105

*Providing career development services
for adults from across Connecticut*

Free Winter Specials!

Free Information Sessions

Are you unhappy with your job situation? Has your job changed so that now it feels like a bad fit? Or have your own changing life circumstances led you to think about a different career or lifestyle? Our career counselors help clients deal with these kinds of issues daily. Come to a brief information session and find out if career counseling – or another service of The Career Counseling Center – might be right for you. **All Free Information Sessions are on Tuesdays, 2005, from 6:00 – 7:00 p.m. at The Career Counseling Center: January 11, January 25, February 22, March 15, March 29, April 19, May 10, and May 24.**

Free Career Counseling is available for Displaced Homemakers

(women who are divorced, widowed, or separated and who need to find employment), which is being provided through a special grant.

We have a *sliding fee scale* for individual career counseling and will provide financial assistance for clients in need.

GOOD READS!

Callings: Finding and Following An Authentic Life by Gregg Michael Levoy

This Time I Dance: Trusting the Journey of Creating the Work You Love by Tama Kieves

Create A Life That Tickles Your Soul: Finding Peace, Passion and Purpose by Suzanne Zoglio

Making a Living Without A Job by Barbara J. Winter