

# TRAINING FOR THE FUTURE

## Youth Coaching offers the check for your future.

What are your strengths?  
Do you need to go back to school,  
or is an apprenticeship the goal?

The Youth Coaching advisers are not only trained to deal with these questions, but also have the competence to give the right answers. And thus increase the chances of you making a successful start to the next stage in your life.

The advisers from Youth Coaching have the right contacts with school authorities, the AMS (Public Employment Service) and other organisations in the business and career world.

You can find more information and a full list of Youth Coaching providers in the brochure or on the internet at :

[www.neba.at/jugendcoaching](http://www.neba.at/jugendcoaching) \

Lots of luck!

**... MORE OPPORTUNITIES  
MORE FUTURE**

# YOUTH COACHING YOUTH COACHING



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**“My opportunity  
for the future”**

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## AND HOW DOES IT WORK

The so-called “initial discussion” gives you an overview of what you can expect from Youth Coaching, how long it takes and the effort you have to put in yourself.

If you are ready for Youth Coaching – which is voluntary and free of charge – then an appointment will be made with an adviser. In order for you to take part in Youth Coaching, your parents will have to sign a declaration of consent. At the appointment you will get to know each other better and identify the areas you need support in and whether you will need further advice in Stage 2 or Stage 3.

Stage 2 provides detailed advice on the topic of career orientation, as well as help on taking your own decisions about where the “journey” will take you – apprenticeship or school, or perhaps you need solutions to personal problems?

In Stage 3, you’ll work with your adviser to identify your strengths and abilities, get practical experience in the world of work, spend trial days in schools or on projects that interest you and have enough time to work on yourself and your vision of the future.

In total, Youth Coaching can last about one year. At the end you’ll receive a Youth Coaching folder with a clearing report – i.e. the specific recommendations for your future. You can also return to Youth Coaching at any time if you need further support. ∞

## AND WHAT DO I DO NOW

A happy life has something to do with prospects, with visions. Carry on at school? Which job? What really interests me? What am I good at, where do I need support?

Just now, life seems to throw up more questions than answers. Not very cool. And the people who could provide the answers are not your favourites.

One thing is clear: you need a network to start your career. Especially when things aren't going so well. Cooperation is required. No matter whether you're in the process of changing school or choosing a career.

Whether you've got learning difficulties, problems at home or a lack of social life – there are ways to change this. It's often difficult to accept help, but if you're prepared to do so and see your own future as an opportunity, then Youth Coaching can help you.

There are two ways to do this: At school there are teachers you trust who know about Youth Coaching, or you can approach an organisation in your area that offers Youth Coaching. ∞

... **IT'S WORTH  
GIVING IT A SHOT** ∞

