

<https://www.ekscr.cz/en>
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Green Career Guidance
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- Career counselling and self development
- In-service training for career development professionals
- We produce our own methodologies and books



Green Guidance

- Why green?
- What is „eco-psychology“?
- Why counsellors/ career development practitioners?
- How?
- Tips for your practice.
- Your experience

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ECO-PSYCHOLOGY

Synthesis of ecology and psychology and the promotion of sustainability
It focuses on studying the emotional bond between humans and the earth

Positive aspects: instead of forcing people to protect the environment, there are respectful invitations and understanding.

Clients can create lifestyles that are ecologically sustainable and psychologically healthy.



ECO-PSYCHOLOGY

1929 – **Sigmund Freud** – book *"Das Unbehagen in der Kultur"*: the interconnection between the internal world of the mind and the external world of the environment

1960s - **Robert Greenway** – „a tool for better understanding the relationship, for diagnosing what is wrong with that relationship, and for suggesting paths to healing“

1990s – **Theodor Rozsak** – book „*The Voice of the Earth*“



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ECO-PSYCHOLOGY

- Forest Bathing and Forest Therapy
- Joseph Cambell – The Journey of Hero
- Art-therapy

Let's try **eco-guidance**

- Let's care about the Earth
- Let the Earth to care about us





Imagine a place you like

What can you see, hear, smell,
touch, taste... ?

Keep it...

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How green are you?

As a counsellor, whom can you influence?

If you want to really engage them – be personal, use emotions.

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Back to your place

Try to recall a situation at a different time of year, time of day, condition...

Can you remember a „challenging“ situation?

What did you learn from this situation? Skills? About yourself?



Tip 1



go to nature at different times

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Tip 2



drawing in the rain

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Reflection:

Be positive. Focus on your client's point of view



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How did you like it?
Tell me more about it.

Describe the process.

Did you have any plans? What happened?

How did you feel?
What helped you to feel better?

Which part did you enjoy the most?

Were you able to cooperate with the nature? What did you notice/observe?

What did you learn about yourself?

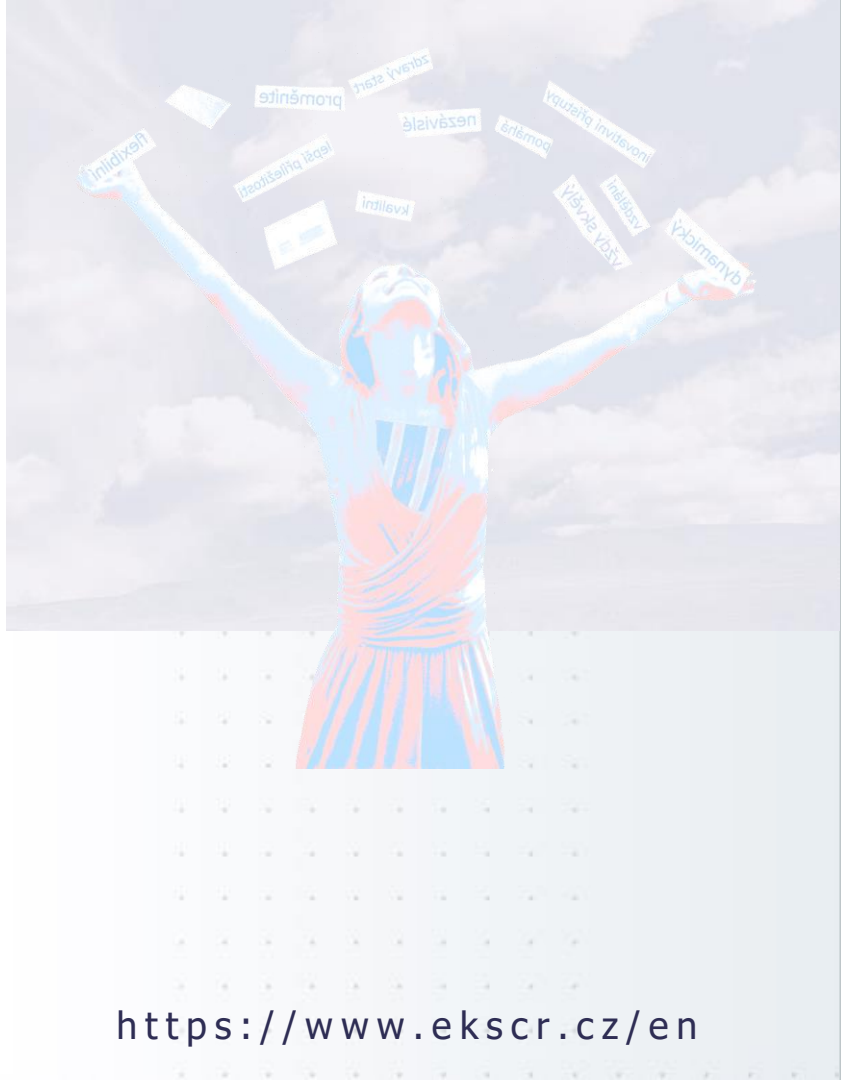
Was there any challenging part? How did you overcome it?

What does the experience remind you?



How does this fit to career guidance counselling?





Staying in nature – what are the benefits?

Self knowledge: develops sensitivity to yourself

Develops sensitivity to the nature and to the others

Development of CMS, e.g. transition, change management, solving problems, making decisions: T-shaped career

Supports well-being, source of energy, prevention of burnout, strengthen resilience

Develops responsibility - for the nature and one's own life



- when I read/ watch news...
- when my neighbour/ people in our town/ some people...
- when is happening
- I feel there is a lack of....
- I agree when someone claims...

Exercise



What makes me angry?



Let's try an "opinion poll"

Reflection....

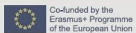
Exercise:



What makes me angry?

A PRACTITIONER'S
GUIDE TO
UNCHARTED
WATERS
OF CAREER
COUNSELLING,

A CRITICAL REFLECTION
PERSPECTIVE



Co-funded by the
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Tip 3



jobs for the future

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Tip 4



creative writing: What if...

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<https://www.youtube.com/watch?v=NGXWCbXimxQ>



#roadtripnation #greenjobs #sustainability

5 jobs for people who want to save the planet | Roadtrip Nation

Tip 5



inspiring video

<https://www.ekscr.cz/en>





Living
green



eks



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