

Svobodová, Dagmar. Profesionální poradenství. Vybrané kapitoly. Grada Publishing. 2015. 160 s. ISBN 978-80-247-5092-7

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One of the main goals of this publication is to provide an insight into the issues of career counselling and the work of career counsellors, mentors and career coaches. Discussed is the need for understanding career counselling as an implement for increasing the employability of people. The statistics show the youth unemployment rate in Europe (EU member states), especially in V4 countries (Czech Republic, Slovakia, Poland, Hungary) is at an alarming level. In the author's opinion, an effective system of career counselling could play a significant role in young people's transition to post-education employment and also could be helpful for clients facing crossroads in their professional lives.

Publication is recast and well structured, divided into 13 chapters and each into three subheadings. Keywords and annotation help the reader to orientate the text very easily.

The first chapters introduce career counselling as a type of career-supporting profession. At the beginning, Svobodová focuses on the system of career counselling. In the following section she presents a definition and description of the main counselling activities, e.g. mentoring, video consultation and increasingly popular career coaching.

A very current theme is discussed in the fifth chapter; the important feature of key competencies, such as communication in one's mother tongue, foreign languages, digital skills, literacy, and basic skills in maths and science, as well as horizontal skills, such as, learning to learn, social and civic responsibility, initiative and entrepreneurship, cultural awareness, and creativity in teaching and lifelong learning.

The next chapter describes the diagnostic system used by career counsellors to assess personal characteristics, competencies, occupational interests and identify occupations that match the client's interest profile. The author describes in detail some of the observation methods, interactive methods and the content analysis of professional portfolio.

The last section focuses on the importance of individual planning in the context of the lifelong learning, personal financial planning, and self-management, such as, improving self-image and encouraging positive social interaction. The author emphasises the relevance of setting short-term and long-term goals as a method for actively and meaningfully building one's own professional career. Exploring career options, setting goals, creating a job-search strategy and achieving success could be realized with the help of a career counsellor or career coach.

Building on the author's previous work, the book summarises the latest trends in career counselling and several other applied disciplines, also pointing to critical issues in this field and describes the current state of career counselling in the Czech Republic. Svobodová emphasizes the need for some changes and suggests providing access to career counselling for everybody, not only for graduate or undergraduate students.

The book is interdisciplinary, written in academic language, and primarily designed as a handbook for undergraduate students of various disciplines, such as, psychology, sociology, or economy. The main purpose is to introduce and provide the background to career counselling and contribute to individual self-awareness, personal development and revealing possibilities of self-realization in life. In my opinion, this was achieved. This book can be regarded as a long-awaited addition to the literature on career counselling and if the reader is looking for a deeper insight and more detailed knowledge, the author suggests focusing on other publications cited in the references.

Zuzana Kožárová, kozarova@saske.sk