

The positive orientation in the future as a means of shaping the career

The positive orientation in the future can help people at the various stages of their lives to broaden their understanding of what is possible and likely, to deeply understand themselves and to express their view on themselves in the future

Why should, as a coach, master this method?

The activity that follows seeks to help adults to assess capabilities and weaknesses, to realize hopes, expectations, concerns and fears, which may constitute an obstacle to their professional development, to organize a plan of action to achieve an objective and to give positive meaning to change.

Concise and accurate description

Goal of the method:

Help students or someone else to have an image of who and what he is going to be next year and what he wanted to avoid to be in the future

An example of the procedure

Activity 1: *Who will you be next year?*

Imagine who will you be and what you will be doing next year.

Next to each objective (Potential self) mark YES (X) if you try to achieve it or NO (X) if you are not.

For each objective marked with YES, write what are you doing now to achieve your ambitions. Use the first gap for the first objective, the second gap for the second objective and so on.

Next year I will be/ I want to be ...	I have been working in this direction? NO YES	If yes, what do you do now that will lead to the success of the objective?
Potential self 1		
Potential self 2		
Potential self 3		
Potential self 4		