

A parent's point of view...

"The Parents as Career Coaches program helped me recognize Katie's strengths, and taught me how to support and guide her in her decisions about her future."

Peggy Maughan
Parents as Career Coaches participant



An educator's point of view...

"As a principal, I instantly saw the value in the Parents as Career Coaches initiative. Parents from my school participated last year, and found the skills they learned invaluable. I strongly encourage educators to support these workshops."

Linda Fewell
Principal, Sackville High School



Help your teenager build their future career.

- ✓ Engage in productive career discussions with your teenager.
- ✓ Better understand today's labour market and the skills today's youth need to succeed.
- ✓ Access career websites and other resources to explore education and work options.
- ✓ Help your child develop their interests and skills, which will assist them in exploring career choices.



Parents are the single greatest influence on their child's education and career decisions...

That's why the Department of Labour and Workforce Development is offering **Parents as Career Coaches**, a two-session program offered at no cost to parents/guardians of all high school students across Nova Scotia. This program works to equip parents to better assist their kids in making informed and successful education and career choices.

Parents as Career Coaches teaches career development as a lifelong process, which involves taking the time to understand what today's young people need to find their place in a world of work that is constantly changing.

Show your interest!

For more information, and to view a list of scheduled programs, please visit www.parentsascareercoaches.ca. If you are interested in attending a Parents as Career Coaches program in your area, please sign up online. Programs will be offered based on parent interest, so please sign up today.

"I really enjoyed interacting with other parents, and knowing we are all experiencing similar situations was comforting. I learned a lot of things I didn't know, like the many options available to my daughter."

Wanda Rose, Parents as Career Coaches participant

The Parents as Career Coaches program includes three informative sessions for parents.

Session 1

Uncovering Your Kid's Gifts

Helps parents develop techniques and understand the critical role they play in assisting their child to realize their interests and unique talents. The session also explores what employers consider to be critical skills, qualities and attitudes required in today's and tomorrow's labour market.

Session 2

Becoming your Kid's Talent Scout

Shows parents how to research and explore career options that suit their child's interests and skills. It introduces parents to useful print and website career resources, and shows them how labour market information, networking, information interviews and volunteering gives their children the reliable information and experiences they need to make informed career decisions.

