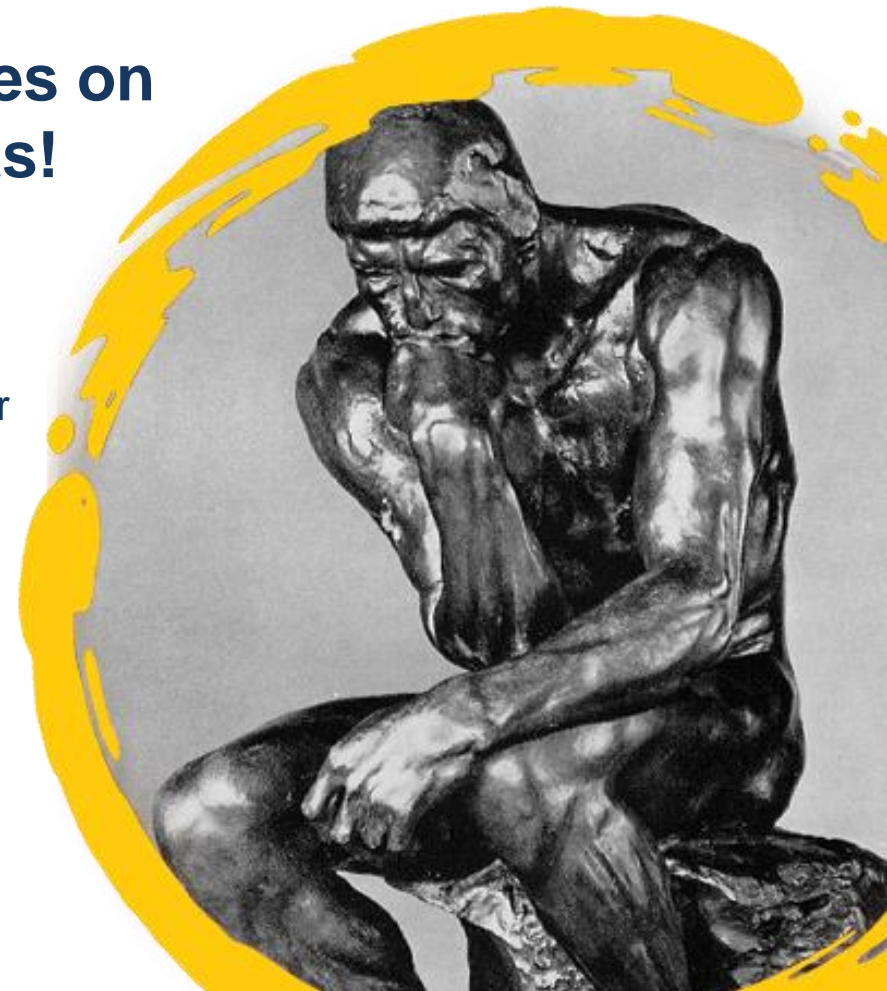


**Shake up your practice with some new perspectives on tools and approaches that add value to your clients!**

- Founded in 1975
- NICEC is a learned society for reflective practitioners in career education, career guidance/counselling, and career development.
- Not a professional body, run by the Fellows
- Regular events & Bill Law Award
- NICEC Journal
- Partnership with the CDI

**<https://www.nicec.org/>**





# Getting creative!

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# Creating your collage

1. Focus on the ingredients for your career and life over the next 2 years
2. Gather all the images which resonate for you- what are you drawn towards?
3. Consider which ones you'd like to use in your final collage- sift and refine
4. Create your collection of images, think about where you arrange them on the page, and the relationships between the different images





# Share your collage



- What new thoughts has this prompted for you?
- How do you feel about your finished collage?
- What if anything, is missing from your collage?





# Other creative approaches

- Guided visualisation- using techniques drawn from positive psychology and neuroscience
- Group brainstorming
- Use of artifacts
- Model making





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# References

Watts, A, (2022) Collage as a Creative Coaching Tool: A Comprehensive Resource for Coaches and Psychologists

Chant, A. (2020). Use of narratives & collage in the exploration of the self & the meaning of career. *British Journal of Guidance & Counselling* Vol 48.

Hackmann et al., (2011), *Oxford Guide to Imagery in Cognitive Therapy*



**Forthcoming activities and events**

**5<sup>th</sup> July. 5.00 -6.30 pm**

**[The Bill Law Award Event & Celebration](#)**

