

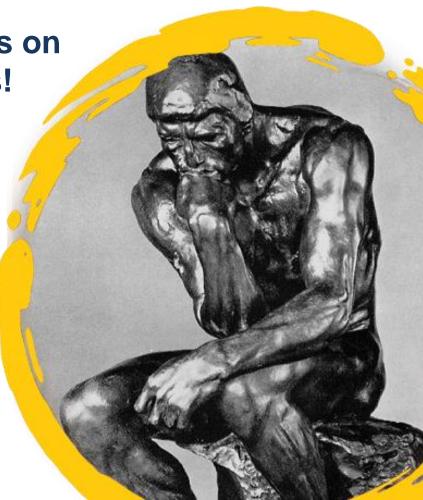
#### At the Cutting Edge - Research into Practice



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/





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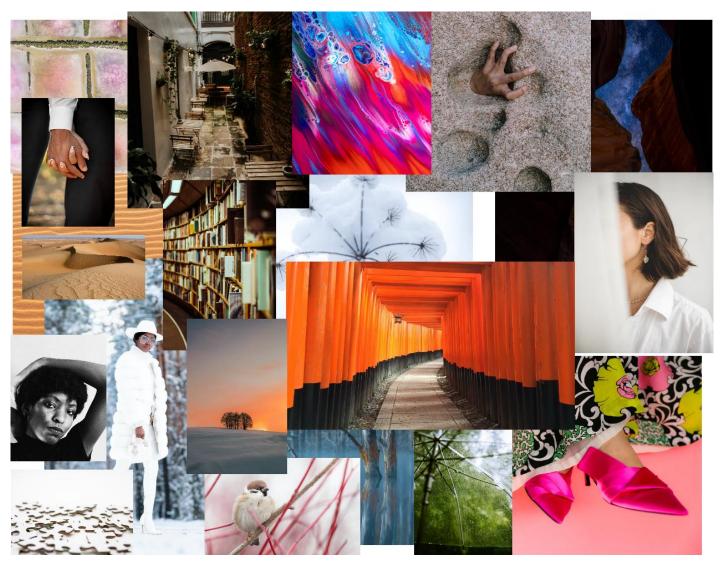
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## **Collages & visualisations**



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# Theory behind use of collage

- Visual stimulus taps into the unconscious mind- reaching inner thoughts, feelings, and yearnings
- Visualisation helps people to place themselves in different career scenarios- may help to free up ideas and overcome self-limiting beliefs
- Reaches into our creativity (left brain) in a way that people find more comfortable than drawing for example, it involves less self-editing and is a great way to express yourself visually.
- There is also an element of storytelling with a collage the 'dialogical aspect' is important for discovery



# 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



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## 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?

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## **Other creative approaches**

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



### References



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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



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**Forthcoming activities and events** 

5<sup>th</sup> July. 5.00 -6.30 pm <u>The Bill Law Award Event & Celebration</u>

