



Wellness Wheel Activity

Clarke G. Carney, Cinda Field Wells

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An Innovative Approach to Career Counseling Angie C. Smith, Katherine Peterssen, 2023-04-15 Captures the changing landscape of career counseling useful well beyond the classroom Written expressly for career counselors in contemporary practice this accessible text delivers the wisdom and insight of experienced practitioners who bring the core tenets of career development counseling to life with practical applications diverse stories from the field and activities to reinforce knowledge The authors interweave research theory and the challenges of daily practice encompassing both career and mental health considerations and demonstrate proven strategies for working with varied populations in multiple settings All chapters include learning objectives a warm up exercise and the contributions of experts in each content area Each chapter links subject topics to counseling skills and examines the use of cutting edge technology in career counseling practice along with examples and tips Case studies demonstrating real world applications emphasize ethical dilemmas and highlight diverse approaches clients and settings Chapters also provide key terms and resources for further study and reflective questions and activities in each chapter encourage students to revisit chapter content and apply key concepts Additional resources include information on resume development interview preparation cover letters mock interview scripts and career fair preparation tools Instructors will welcome an Instructor Manual Test Banks Instructor Chapter PowerPoints and Video Podcasts with content experts Additional student resources and worksheets are also available for download Key Features Shares wisdom and real life career related experiences and strategies from practitioners working with varied settings and populations Engages students in their own professional preparation with examples of activities they can use with their future clients Explores the use of the newest technology in career counseling Emphasizes the need for mental health and wellbeing in relation to career counseling Discusses ethical dilemmas faced by career counselors in many settings and how they were successfully resolved Includes reflection activities practitioner perspectives student voices counseling skills connections mindful moments tech tools and more in each chapter *Move with Art! Activities to Power the Body* Megan

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book delves into the silent battle faced by those who stand on the front lines of society Edwards eloquently unveils the significant yet under addressed issue of mental health stigma within law enforcement shining a light on an area demanding serious attention Who's Protecting the Protectors is more than an exposé It's a road map offering practical solutions to establish a sustainable mental health program that could truly benefit law enforcement officers Edwards emphasises the profound influence of leadership traits in law enforcement exploring how positive attributes can uplift an organisation and its community while negative ones can be damaging and far reaching The need for change is not exclusive to Australia or even to law enforcement Across the globe there is a growing recognition of the importance of mental health across all professions This shift in understanding is leading to radical changes in the way we acknowledge and address these issues The time to act is now Read Who's Protecting the Protectors and join Edwards in advocating for the urgent necessity to recognise and support the mental health of those we entrust with our safety This isn't just about protecting our protectors It's about shaping a healthier more compassionate world for all

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