



CAREER COUNSELLING SERVICES

These services are targeted for individuals aged 18-44 years wanting to explore Career occupations, life activities, education & training opportunities. This assessment has a prospective focus: matching personality and interest patterns to identify future possibilities.

ONLINE ASSESSMENTS & PROCEDURE

1. Before your first counseling session, you will need to complete two tests online, Myers-Briggs Type Indicator (MBTI) and the Strong Interest Inventory (Strong). The results from these instruments will be merged to provide combined reports
2. We recommend you give yourself about one week to complete them, depending on your needs. The cost of these tests is \$150
3. To take career assessments online, visit <http://swingleclinic.careerid.com>
4. **You will be required to create your own User ID and Password to log in.** We recommend you use your full name to facilitate getting your results
5. Once the tests are completed, you will have at least two Career counselling sessions. These are billed at the Supervisor's hourly rate and should be booked in advance

A brief explanation of the major reports is provided below:

MBTI

This is a personality assessment to evaluate communication, problem-solving and decision-making style preferences. Reports can be generated for specific purposes: Occupational selection, Leadership style, Couple communication & conflict resolution, Entrepreneurship/Self-Employment. The MBTI can even be used to evaluate workplace teams, with suggestions for improving productivity & satisfaction at work.

STRONG

This is an occupational interest inventory to assess preferred occupations, school subjects, leisure activities, and people preferences. It was developed by assessing thousands of working adults employed in specific occupations who were stable, satisfied, and successful in their occupations. It is primarily for those seeking work in professional or technical occupations. Responses of test-takers are compared to the profiles of groups of workers in each occupation, establishing levels of similarity for each occupation.

CAREER COUNSELLING SESSIONS

SESSION 1 - Career assessment and exploration

- A Supervisor at The Swingle Clinic will meet with you to go over your test results (MBTI and Strong) and also to gather work & educational history and highlights (bring your resume or CV to the appointment, if you have one).
- In this session you will also explore your life experiences, skills, interests and integrate them with the assessments (Career counselling)

SESSION 2 - Career exploration and Neuro-optimization

- In this session you will continue the exploration of life experiences, skills and interests and assessments
- Neurofeedback protocols will be integrated at this point with relevant remarkable brain functioning with the purpose to achieve career goals and/or life activity goals
- Recommendations for future career counselling and neurofeedback sessions will be made

Please contact us with any questions!

Sincerely,

The Swingle Clinic

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