

# Your path, your future.

Manage school. Find work.

Imagine someone helps you to find the right training or job that suits you. Someone who listens to you. Who knows all about the world of work. And encourages you, even when things aren't going so well.

It's about what is important to you: That you determine your life for yourself. That you focus on your strengths. That you make progress and are respected for it. This is **youth coaching**.

## Why youth coaching is a good idea.

"Do I want to stay at school or do an apprenticeship? Which profession interests me most? What if I have completely different problems at the moment?"

Youth coaching can help you answer all these questions. Together, we can find out where your strengths lie. You can discuss what is of interest to you. You'll learn how an apprenticeship works. And if you encounter any problems you'll get support or advice where you can find help.

## How youth coaching works practically.

You'll meet your youth coach for an **initial conversation**. Then, if you decide on youth coaching, you will meet them regularly. How often depends on how many questions you have.

And there is **no need to stress**: you will always have enough time to discuss everything and to decide on the next step.

You can use youth coaching to talk about pretty much anything: How school is going. Ideas about future professions. Even personal matters that are on your mind. **And the best thing about youth coaching: There are no rights or wrongs.**



### Important points:

- Youth coaching is free and voluntary.
- You must be at least 14 years old.
- In Austria, education is mandatory until the age of 18 years. Youth coaching helps with this.

## And it's that easy:

- Contact a **teacher** at your **school**.
- Or send an email to or call a youth coach near you. Please see the website for addresses throughout Austria: [www.neba.at/jugendcoaching](http://www.neba.at/jugendcoaching) #anbieter-innen
- use the QR code:



### And then?

Perhaps you'll start some training after your youth coaching. Or you might enter the world of work. Or you could access more support from the NEBA network. (You can get more information about this during your youth coaching!) The best thing: You can sign up for youth coaching at any time.

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