

## HOW DO YOU GET YOUTH COACHING?

- > ... Ask your teacher or
- > ... contact the Youth Coaching advisers directly – you can find the contact details at [www.neba.at/jugendcoaching/anbieterinnen](http://www.neba.at/jugendcoaching/anbieterinnen)

## WHAT HAPPENS NEXT?

One possible outcome of Youth Coaching can be starting in work. Your adviser can accompany you to the first appointment. Or he/she can inform you about further support programmes provided by the NEBA network or other organisations and institutions.

You can return to Youth Coaching whenever you need further support.

**... MORE OPPORTUNITIES  
MORE FUTURE**



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NETZWERK BERUFLICHE  
ASSISTENZ  
**JUGENDCOACHING**



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[neba.at/jugendcoaching](http://neba.at/jugendcoaching)

**“My opportunity  
for the future”**

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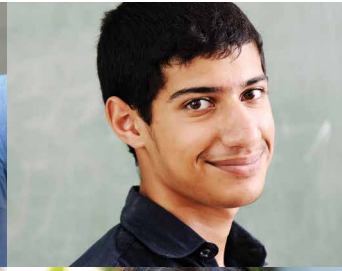
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[neba.at/jugendcoaching](http://neba.at/jugendcoaching)



## WHY YOUTH COACHING?

You are 15 years of age or older and have lots of questions ...

- > Should I continue with school or take up an apprenticeship?
- > What job interests me?
- > Where do I need support?

Youth Coaching can help you to find the answers to these and other questions.

... **IT'S WORTH GIVING IT A SHOT**

## WHAT IS YOUTH COACHING?

Youth Coaching is an assistance programme for young people at the end of their mandatory schooling or after they leave school.

- > You get to know your personal skills.
- > You discover your professional interests.
- > You get information about other possible schools.

... **YOUTH COACHING IS FREE AND VOLUNTARY**

## HOW DOES YOUTH COACHING WORK?

Youth Coaching can take place in 3 stages. How long the advice lasts depends on your questions. Your parents or people who are important to you can also be involved in the advice.

### Stage 1 - Initial chat

This is where you get general information. If you need more support, you can this in stage 2 or 3.

### Stage 2 - Advice

This stage gives you a little more time to clarify the following questions:

- > Do you want to continue going to school?
- > What job interests you?
- > Is there anything that makes it more difficult for you to learn or work?

### Stage 3 - Support

This stage can last up to one year.

- > You can get practical experience in the world of work and
- > you get a report with recommendations for your future.

