

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/jugendcoaching-anbieterinnen

WHAT HAPPENS NEXT?

One possible outcome of Youth Coaching can be starting a training or work. Your adviser 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

“My opportunity for the future”

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WHY YOUTH COACHING?

You are 14 years of age or older and have lots of questions ...

- > How can I complete my mandatory education?
- > 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 or trainings.

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

HOW DOES YOUTH COACHING WORK?

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

Stage 0 – Education until you turn 18

You will receive information and assistance to complete your compulsory education.

Stage 1 – Initial chat

This is where you get general information. If you need more support, you can receive it 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.

