



Canada Career Week Launches Nationwide CCPA Celebrates By Encouraging Participation in Interactive Challenge

OTTAWA (November 3, 2014) Canada Career Week launches today nationwide and the Canadian Counselling and Psychotherapy Association (CCPA) is proudly celebrating this special week which serves to remind Canadians of the importance of career development and seeking advice from career development practitioners.

This year's theme, *LiveByDesign*, "positions career development as a creative, intentional building process that enables us to live by design, constructing the life we want to live," according to the Canadian Council for Career Development (CCCD) the organizers of Canada Career Week.

New this year and a first of its kind, the *Career Development Challenge* is an online career service tool developed by CCCD. People can visit www.careerchallenge.ca and take the interactive quiz. The quiz will reveal a person's *skill* and *will* as it relates to personal career development. Upon completing the quiz, participants are provided with a personalized feedback form and helpful resources on career paths and services, including tips for career exploration.

"We are thrilled to celebrate Canada Career Week while also promoting the Career Development Challenge," said CCPA President, Blythe Shepard. "Career development is an important step in preparing one's future. Career development is the lifelong process of managing learning, work, and transitions in order to move toward a preferred future. Those who have engaged in career planning tend to achieve greater happiness and fulfilment and the quality of the career development process significantly determines the nature and quality of individuals' lives. CCPA's Career Counsellors Chapter is dedicated to people working in counselling-related roles in the field of career development who support those who are in search of resources to aid their career choices."

Career Counselling refers to an individual or group process which emphasizes self-awareness and understanding, and facilitates people to develop a satisfying and meaningful life/work direction. Career counsellors help individuals not only make career-related decisions but also to effectively manage their careers over the life course and develop the emotional resilience to cope with the challenges that arise as their working lives progress.

"Our career counsellors have a specialized blend of competencies from two distinct groups," added Shepard. "As both fully competent career development practitioners, and fully qualified counsellors, these professionals can assist others in a supportive environment with learning, making work and transition decisions or managing responses to changing work and learning environments over the lifespan."

CCPA remains dedicated to the enhancement of the counselling and psychotherapy profession in Canada. Professionals whose work is focused in the field of employment and career development play a key role in the success and wellbeing of Canadians. We hope that during this special week, members of the community will join us in the celebrations by proudly showcasing their workplace successes, connecting with and inspiring others, and promoting career development across the country.

mental health and well-being of all Canadians. For more information on the counselling and psychotherapy profession, please visit www.ccpa-accp.ca or www.talkingcanhelp.ca.

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