

Part II - Workshop B1 Career Coaching for Youth

Course Code: PT-251107

Date and Time: 5 Nov 2025, 9:30am – 5:30pm

Duration: One-day (7 hours)

Venue: 9/F, No.9, Shing Mun Road, Caritas Social Service Building

Targets: Social Workers, Youth Workers, Educators, Counsellors, Career Coaches, and anyone involved in youth development or career guidance

Fee: Early bird fee : \$1,170 (On or before 21 Oct 2025)

Original Fee : \$1,300

*Enroll 2 or more courses: extra 10% off (If participants want to enjoy the “2 or more courses” offer, they must indicate in the enrollment form)

Aims:

To equip participants with coaching-inspired approaches and practical tools that can be informally integrated into their daily work with youth, supporting effective career planning and personal growth.

Objectives:

- ❖ Understand and apply core coaching principles and tools in youth development contexts
- ❖ Explore informal coaching strategies tailored for working with young people
- ❖ Learn how to embed a coaching mindset and frameworks into everyday interactions to support youth career planning

Content Outline

Part 1 – Career Coaching Foundations

- Coaching vs. traditional counseling
- Youth-specific coaching strategies

- Career planning frameworks

Part 2 – Practical Applications

- Individual coaching techniques
- Group coaching methodologies
- Case studies and role-play

Key Takeaways

- Acquire practical communication and inquiry skills inspired by coaching to enhance engagement with youth.
- Confidently use coaching-based techniques and frameworks informally in the workplace to encourage youth self-development.
- Recognize the scope and boundaries of informal coaching, and understand when to refer to professional or formal coaching services.

Training Format and Prerequisite

- It is a 7-hour training. The training format will include lectures, practical exercises, and role-play
- Prerequisite: Participants must have completed Part I – Core Training, or demonstrated equivalent basic coaching training.

Trainer:

Dr. Rosa Chiu 招錡昕博士

- Professional Team Member, Transforming Space Counseling & Development
- Ph.D. in Enterprise Management, Shanghai University of Finance and Economics (PRC)
- Master of Counselling, Monash University (Australia)
- Senior Professional in Human Resources – International (SPHRi™)
- Chartered Governance Professional (CGI), ESG Certificate (HKCGI)
- Master Coaching for Transformational Change (MCTC) (Paradigm21)
- Associate Certified Coach (ACC) (International Coaching Federation, ICF)
- Registered Corporate Coach (WABC)
- Accredited General Mediator (HKMAAL)
- Life Planning Development Facilitator, Service Instructor, and Training Instructor (LPAHK & LDi)

- Neuro-Linguistic Programming (NLP) Practitioner (IMT)
- DISC Personality Analysis (IMT)

Rosa is a seasoned HR leader, ICF-certified executive coach, and accredited mediator with extensive experience in talent development, performance management, and leadership coaching. With years of senior management experience in large organizations, Rosa has successfully led teams, designed HR strategies, and implemented best practices in talent and performance management. With strong skills in communication, empathy, and practical problem-solving, she is dedicated to empowering both organizations and individuals to achieve professional growth and success.