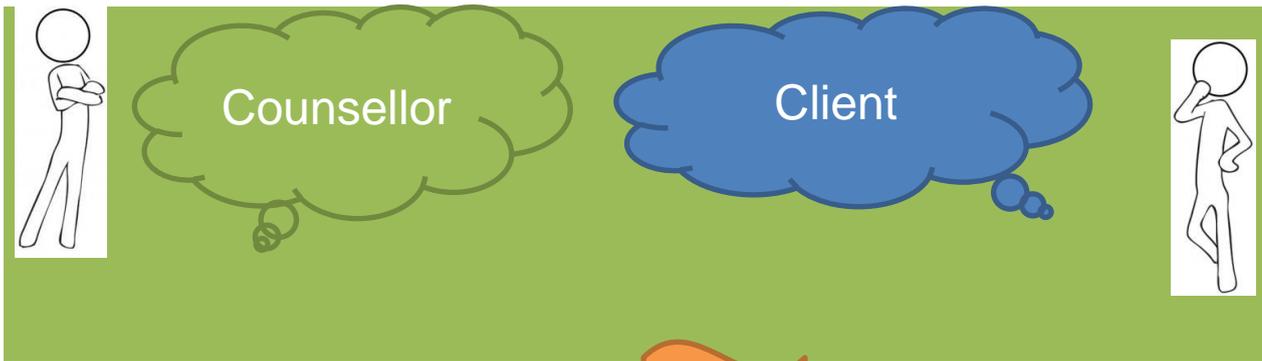


Example of a short counselling dialogue with five phases



Good afternoon Mister Piesczek, my name is Monika Kowalski. We talked on the phone last week. Please come in.

Opening

Yes, of course, thank you. Nice to meet you Mrs. Kowalski and thank you for the appointment.

Of course, it's my pleasure. **How are you today?**

I'm good, thank you. I have a day off for this appointment so I'm very relaxed.

This is very important! **And did you have a pleasant journey?**

I did indeed and on the way here there was absolutely no traffic, can you believe it?

Unbelievable it is. Everybody knows that the highway to the city is always full but at least you had a safe drive and are not stressed.

Not at all.

Great, now Mr. Piesczek, **what would you like to discuss with me today?**

Well, I would like to talk to you about a change in my life, since I would like to go abroad now that I have finished my Master's Degree.

Alright, changing ones way of living is often a good idea. **What would you like to change, what would you like to discuss with me?**

Well, first of all I would like to know what options I have, especially with my degree and where exactly I could go.

Oh this sounds very exciting and I would be glad to help you with that. Now, to start with, **Why would you like to go abroad?**

Situation Analysis

Well, to be honest, I have been travelling all my life and I even spent more than 2 years abroad as a voluntary for medical science in India. I love to help people all over the world and now with my degree in bio medical engineering, I would like to start, well how would you put it? Changing the world I guess 😊.

Wow, that sounds like a plan and a good spirit. Well, Mister Piesczek, **what would you like to do abroad then?**

I would like to work as a bio medical engineer somewhere, where I can actually contribute to science and even help people.

You sound like a superhero😊. I think the world would need more people like you.

Well, that's flattering😊.

What type of degrees do you have then?

I have a bachelor's degree in bio engineering and an additional Master's Degree in bio medical engineering.

Wow, very impressive and very demand orientated. **What other experience do you have in this field apart from your degrees?**

Besides the two degrees I volunteered for 2 years in India and supported self-made medical engineers in developing pharmaceutical tools and installing these in the hospitals there.

It doesn't cease to impress me😊 I think it's very good that you already have a clear idea of your future. What about the country: **Where would you like to go abroad?**

This is a good question, I don't know since I am pretty much open for everything.

We would have to narrow this down. However, usually the choice of country strongly depends on the language knowledge. **What languages do you speak?**

I speak English and French fluently and I also have some basic knowledge in Hindu.

Very well, Hindu is very exotic but it makes sense of course since you spent time in India. And English and French are of course one of the main world languages. **How well do you speak both languages?**

French is better than English I would say but both on a very high level, since I studied almost completely in English and my family is originally from France so I talk every day in both languages😊

You are very talented. I should have studied French when I had the time but I guess it's never too late, isn't it☺.

That's right; it's never too late to start with something. I mean, I'm 28 and I am looking forward to a completely new chapter in my life.

Great, I will keep that in mind with me learning French. Now let's go back to your idea. So English and French speaking countries would be an option. **Have you been in these countries before and do you know something about them?**

Well, since I travelled through Europe for 6 months, I know almost every country as a tourist but I spent 6 months in London, during my bachelor's degree as a semester abroad, so I'm very familiar with this city and that's pretty much it, I mean the experience with abroad.

And of course the two years in India☺.

Yes, and that one☺.

Now, what would you say do you expect from working and living abroad?

Hm, good question. I guess I expect a lot of experience, both working and scientific, a contract to be able to live there and of course the big chance where I actually get to create and work on something that is part of a bigger change.

I see. Well that's very optimistic and it should be like that once you decide to go abroad.

Exactly.

Good. Now as you can see we have collected some ideas which are of course of great importance to help you fulfil the dream of going abroad. **What would you say are your professional plans for going abroad?**

Well, my professional plan would be that I would work in the field of bio engineering, in ... well; both companies or institutions, and I would like to go somewhere where I could use my languages, so preferably English or French speaking countries. London might be an option but I can definitely try something else.

Would you be ready to work for an international company, which would expect you to be internationally mobile and might send you as an expatriate for some time to India or some other country all over the world?

Yes, of course, perhaps not during the first one or two years, but certainly there after. Why not? Actually, that would very well fit to what I did so far.

So from these ideas we can deduce the targets of today. So you say that you would like to work abroad in the field of bio engineering for both companies and institutions. **How important would you say it is for you to work in the exact same field?**

Well, it is very important since I would like to do exactly what I studied and what I am experienced in doing. Only this way I can actually contribute to something.

Alright and if you are to summarize the most important reasons for the English or the French speaking countries, what would they be?



Hm, another good question. I would say that French would actually be better since I am, well ... almost a native speaker☺ and English would be, let's say a plan B as well as London since I am familiar with the city and of course the language there. And an international company with the perspective of an international career, living and working in different countries would be very attractive indeed.

Good, now we just have found out the **following targets** of yours:

- 1) Working abroad in the field of bio (medical engineering)
- 2) Working for international companies or institutions with the perspective of an international career
- 3) Preferably French speaking countries and companies (Plan B: English speaking countries)

Now let us develop a priority list. This way you will have an efficient guide for all your steps.

Yes, exactly, that sounds good. The main priority would be to focus on the countries and on finding a job whether in international companies or institutions, I don't mind. And the job has to be somewhere in a French speaking country or company; if not then I can go to an English speaking one.

Good, so your **main targets** will be to find a job in a French speaking country or company first and if this may not succeed, and then focus on an English speaking one. The broad option of course is that you can choose between international companies and institutions of both cultures.



Exactly.

What would be your first steps towards an implementation of these targets?

Well, a first step would be to look for a job in French speaking countries and companies or institutions, then focus on the other ones.

I would suggest that you think about your options until our next meeting. Especially you should think about and inform yourself about the option of an international career in an international company. If you would prefer this, we may rather focus on international companies than on working in one or the other country. **Do you know where you can obtain information and who can support you and in which way?**

Well, information I do know, everything works online nowadays but I will probably need proper information to have a clear orientation. And concerning the support, I would say you😊.

Now I'm flattered😊. Of course, I'm glad to provide you the right information where you can have a look at it and I can also support you in the means of follow-up appointments where we can go through your research and further questions. I will send you some links concerning working for international companies later on today or tomorrow at the latest.

Perfect, that sounds like a good plan.

Let us summarize together what we have talked about today. **What has turned out to be clearer?**



Conclusion

Good, well let's see. I definitely realized that I want to go abroad and work there as a bio (medical) engineer and I am very flexible regarding the contract and the place of work. What has turned to be clearer is the fact that I would prefer to go to a French speaking country or international company and take an English one as a back-up plan.

Would you say that there is anything missing or still open to be discussed later?

Definitely, well, at least once I go through all the information and start focusing on the life abroad step by step.

Good, then I would suggest that you go through the information and we meet again in let's say a week from now to discuss what you have found out and how we can focus on the next things which are important for your life abroad.

Perfect. So how should we do it then?

I will send you an email later this afternoon with some appointment suggestions, like a doodle survey and you can choose which date and time suits you well.

Great, I am looking forward to it.

Meanwhile I would like to thank you for sharing your ideas and wishes with me and I am glad to keep supporting you in your decision and the next steps.

Me too, I think everything will turn out just fine.

Good, then I would say we see each other next week and until then I wish you a great time with the research but also with everything else you planned in between☺.

Thank you very much for your time. Yes, see you next week and have a great day.

Thank you and good luck with the journey back home and take care!

Yes, I will. Thank you. Goodbye.

