

## About Elizabeth Addie



### Elizabeth Addie:

*BA, GDipED(Careers), GDip Psychological Studies, MEd(Guidance & Counselling), MQCA Provsional, PACFA Reg. Provisional*

My passion is to help people to live meaningful, happy and positive lives.

I have been a professional counsellor and career counsellor since 1994: in private practice in Brisbane and Toowoomba, as school counsellor, counsellor with a TAFE college, and relationships counsellor with Relationships Australia. I have helped many people to improve their lives, and achieve their goals.

I am committed to my own educational and professional development, always learning to support my professional work.

## Appointments in Brisbane and Toowoomba at:

Infinite Wellness  
145 Latrobe St, Paddington  
Phone: 0428 220 148

Psychology & Counselling Services  
Level 1, 202 Hume St, Toowoomba  
Phone: 0428 220 148

### Inquiries

Elizabeth is happy to answer any inquiries you may have. Please call her on 0428 220 148 or email on [info@elizabethaddie.com](mailto:info@elizabethaddie.com)

Further information:  
[www.elizabethaddie.com](http://www.elizabethaddie.com)

# Career Pathway Planning & Career Counselling

*for*

Young people starting out in life who are seeking to be clear and confident in their educational and career choices.



*and for*

Adults who would like to reassess their professional life, plan a career change or manage a transition.

## Career Pathway Planning

A career pathway is the route you navigate through educational and employment choices to create a meaningful and purposeful working life.

There are over one thousand educational programs available at different Queensland institutions, as well as opportunities to study throughout Australia and overseas. Educational programs have different specific entry prerequisites. Programs are linked to different career and employment outcomes. Choices can appear overwhelming.

However an experienced career counsellor can create a clear, logical sequence of steps to map your pathway. With effective planning you will be confident that you are on the path to reach your goals.

## Career Counselling

Career counselling provides opportunities for people of all ages to individually work with a counsellor to:

Explore aspirations and interests and what career options can be developed from these

Undertake vocational assessment

Find your best options for tertiary study

Select school subjects

Help with adjustment to study

Manage career and life change

Prepare resumes and job applications

Prepare for interviews

Find distance education programs to progress your employment opportunities

Find the best educational and employment options to suit your commitments and financial requirements.

## Session Information and Costs

**A career pathway planning interview** is two and a half hours long and costs \$220. The session commences with a vocational assessment. Then we will discuss your career/ employment / educational situation in relation to your career aspirations, aptitudes and interests; and look at any barriers you may be experiencing. The session concludes with the preparation of a career pathway plan for your future.

**Career counselling interviews** are one hour long and cost \$90. You may need just one or two sessions to address a specific career challenge or to clarify your pathway. Or you may choose to have ongoing sessions while you manage a career change or life transition.