



CBT for Career Success: A Self-Help Guide

Steve Sheward

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CBT for Career Success is a unique self-help book, offering a powerful combination of cognitive and behavioural therapy (CBT) approaches alongside career coaching for the first time. Whether you are just starting out in your career, aiming at a more senior position or considering a change in direction, this book is for you.

If you want to succeed in the labour market, you need a psychological edge to help you progress in an increasingly competitive and volatile job market. This book provides powerful CBT approaches that will strengthen your resilience and motivation and increase the sheer excitement and enjoyment of achieving success in the workplace. The book provides clear, practical strategies and a wealth of materials that will help you to define your personal values and match them with suitable career choices, use psychological and motivational techniques to succeed in a competitive environment and deal effectively with work-related stress.

The materials included within this book have been used on training courses delivered to hundreds of careers counsellors and coaches in different parts of England in recent years and have helped them to support their clients more effectively.

CBT for Career Success will be of interest to all those wishing to succeed in their chosen careers, including new entrants to the labour market.

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