



生涯發展

生命抉擇 & 個人成長

Workshop 1: Introduction to Career Development

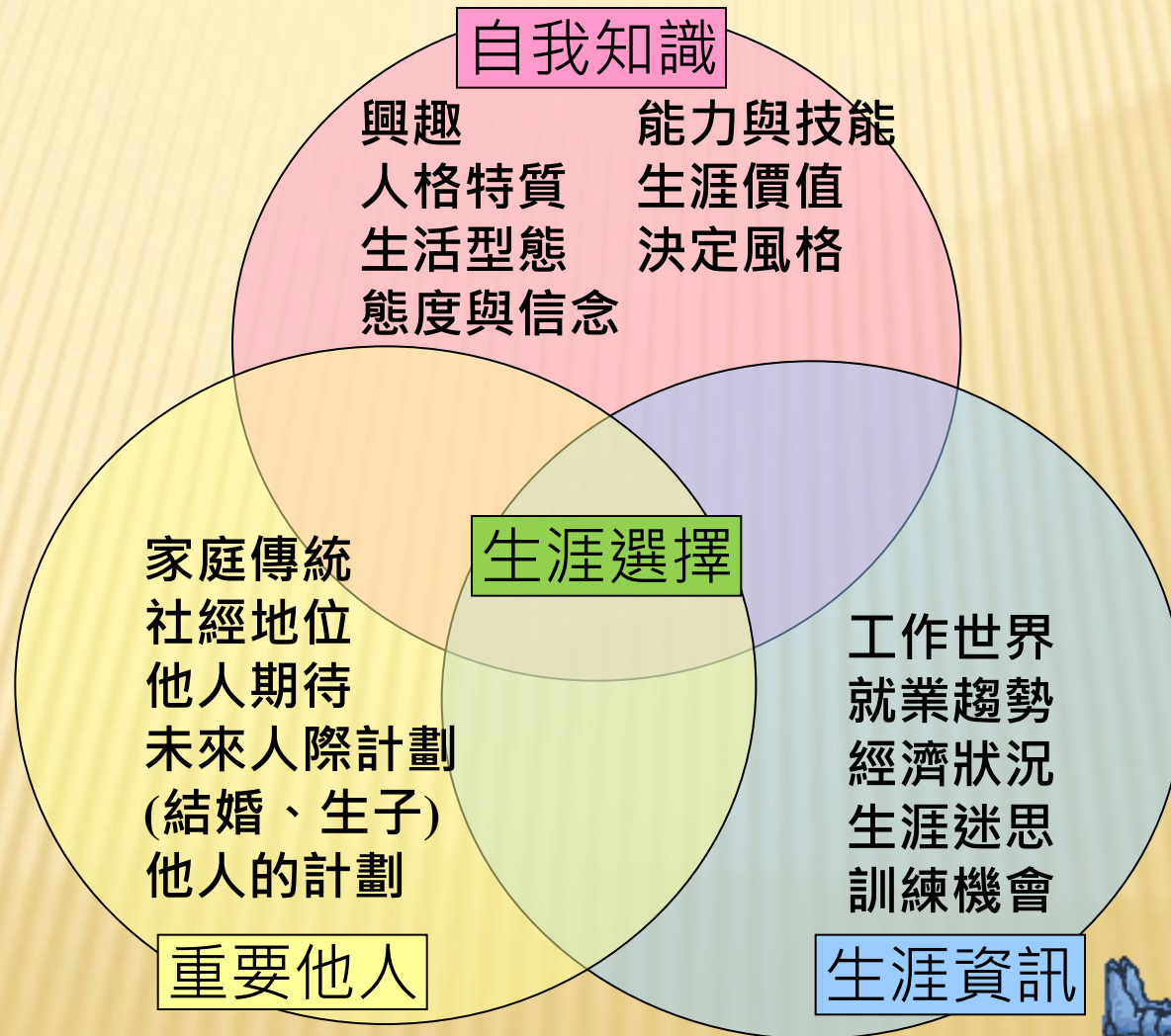
# 自在逍遙的人生

- ✘ 順應自己的本性
- ✘ 發揮自己的潛能
- ✘ 欣賞自己的生活方式
- ✘ 擁有自己的理想和目標
- ✘ 實現自己的責任與使命

「個人成長」取決於每一刻的「生命抉擇」



# 生命抉擇 / 生涯決定



# 誠實面對自己：我是誰？

- ✘ 我究竟「要」什麼？
- ✘ 我「是」什麼樣的人？
- ✘ 我「擁有」什麼資產？
- ✘ 我「期望」成為什麼樣的人？
- ✘ 我需要「充實」或「付出」什麼？需要以成為我所期望的自己



# 我的多元面向

- ✘ 人生中最需要思索的課題「我是誰？」
  - + 興趣、能力、人格特質、生涯價值、生活型態、決定風格、生涯信念等。
- ✘ 我是一個什麼樣的人？
  - + 我處在什麼樣的社會環境中？
- ✘ 我扮演什麼樣的角色與定位為何？
- ✘ 我往何處去？
- ✘ 我如何到達？



# 生命抉擇 & 個人成長

- ✖ 如何走來？
  - + 我目前在哪裡？
- ✖ 將去何方？
  - + 我可以往何處去？



# 我的生涯故事

我的生涯故事

究竟發生了什麼事讓我成為現在的我？

曾經有哪些人影響著我成為現在的我？

✘ 名字的故事

✘ 我是怎麼長大的？

✘ 向上提升 vs. 向下沉淪

+ 正面影響的經驗 vs. 負面影響的經驗

✘ 我的生活角色



# 我是怎麼長大的？

和一或二位朋友或同學分享我的生涯故事：

- ✘ 我的童年是如何度過的？
- ✘ 在我腦海中有哪些鮮明的記憶？
- ✘ 從小到大，我的生涯發展與轉變。。
- ✘ 我為什麼會是現在的我？
- ✘ 有哪些人對我的影響深遠？
- ✘ 發生哪些事讓我有所改變？
- ✘ 我如何改變？





# 你認識(了解)自己的本(天)性嗎？

回顧你的童年(和青春期) ~ 童年(早期)經驗  
對[現在的]我的影響

- ✘ 我記得擁有**安全感**、**被接受**、**被愛** / ...
- ✘ 學習典範 / 仿效對象
- ✘ 成功經驗 & 失敗經驗
- ✘ 經歷過叛逆階段
- ✘ 同儕團體對我的影響



# 個人選擇與決定

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原生家庭對我的影響極大

價值觀 & 信念 / 習慣

- ✘ 獨立 vs. 依賴
- ✘ 勇敢 vs. 畏懼
- ✘ 樂觀 vs. 悲觀
- ✘ 熱忱 vs. 冷淡
- ✘ 積極 vs. 消極



# 我的未來不是夢

- ✘ 我「未來」的人生，是一幅怎樣的「圖像」？
  - + 過著怎樣的生活？
  - + 看到了什麼人事時地物？
  - + 可以聽到什麼聲音呢？
  - + 形容一下是怎樣的味道和滋味？
  - + 感覺如何呢？
  - + 對於這樣的人生，還有什麼想法嗎？



# 我要如何做？

- ✘ 我需要「充實」或「付出」什麼，才能成為我所期望的自己？
- ✘ 我要如何做，才能成就我自己？
- ✘ 我要如何做，才不會白白走了這一段人生？
- ✘ 我要如何做，才能在回顧時，對自己的生涯歷程感到滿意？



# 個人成長之道

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## 持續自我探索

- × [持續]做[閱讀、筆記]計畫
- × 思考自我引導的行為改變
- × 持續的自我評估
- × 善加利用支持團體
- × 諮商
- × 做夢~探索夢的意義 & 勇於做夢





# 心路歷程

# HERE I AM

HERE I AM

- ✘ 我來了 這是我 我天生就是狂野不羈
- ✘ 我來了 我年少輕狂充滿活力 這地方就是我的歸屬
- ✘ 一個新世界 一個新開始 還有一顆年輕躍動的心
- ✘ 嶄新的一天 遼闊的大地 等著我去探索 我來了
- ✘ 啊 一個新世界 一個新開始 還有一顆年輕躍動的心
- ✘ 嶄新的一天 遼闊的大地 等著我去探索 我來了



# THIS IS WHERE I BELONG

- ✘ 我聆聽風聲 吹拂過草原 堅定地呼喊著我的名字
- ✘ 如大河般奔騰 似太陽般溫柔 就是這兒 這是我的家鄉 夜空星光閃爍 雄鷹展翅翱翔 彷彿置身天堂 這是我的故鄉
- ✘ 山巔上的明月 樹林間的細語 水面上的波浪 誰也不能奪走這一切 我要的一切都在這裡 當我們歡聚在一起 就沒有什麼好害怕 無論我在何方 我都永遠相信 這是我的家園 我永遠的依戀





# YOU CAN'T TAKE ME

- ✘ 我絕不放棄 我要反抗到底 讓他們瞧瞧我的厲害  
不能讓他們獲得勝利 我一定要回家 絕不能被擊垮  
我要找到方法 絕不能被打壓
- ✘ 別小看我的能力 別逼我做出反擊 我不會投降  
也不會放棄 不入虎穴焉得虎子 不冒險就不會成功  
我不會投降 也不會放棄 我寧死都不會屈服
- ✘ 我到底出了什麼錯 噩運為什麼找上我 什麼束縛  
住了我 我要掙脫命運枷鎖 我要一鼓作氣 全力  
反攻 相信我 我一定能成功 (我自由了)



# SOUND THE BUGLE

## SOUND THE BUGLE

✘ 吹起號角 奏起輓歌 春去秋來 人事全非 我已六神無主 萬念俱灰 有如行屍走肉 了無生趣 我是一名士兵 全身傷痕累累 沒有力氣反抗 我已失去一切希望 把我帶走吧 或是讓我獨自悲傷 奏起輓歌 我心已死 崎嶇道路無止無盡 失去了光明 這一路上會顛沛流離 於是我決定停下腳步 這時候 在遙遠的天際 有一個聲音 喚醒了我 不能失去信心和勇氣 今晚要勇敢堅強 牢記自我的本性 我是無畏無懼的英勇戰士 為了重獲自由 我要全力奮戰



# I WILL ALWAYS RETURN

- ✘ 我聽到風的聲音**呼喚我的名** 這聲音再次牽引我**回家**  
我的心燃起希望的火苗 我一定會回到我的故鄉
- ✘ 前途茫茫 道路崎嶇 就算**再辛苦 我也不放棄** 如  
大河般奔騰 似太陽般熱情 像飛鷹般翱翔
- ✘ 尋找溫暖的家 魂縈夢牽 歸心似箭 等不及要見你  
如今我明白了 **每一條路都是康莊大道**
- ✘ 你的光亮指引我的方向 浩瀚的大河 燦爛的陽光  
自由的飛鷹 溫暖的家園 歷經千辛萬苦 **克服**  
**重重萬難** 喔 我終於回到 **故鄉的懷抱**



# HERE I AM

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- ✘ Here I am - this is me There's no where else on earth I'd rather be  
Here I am - it's just me and you And tonight we make our dreams come true  
It's a new world - it's a new start  
It's alive with the beating of - young hearts  
It's a new day - it 's a new plan I've been waiting for you  
Here I am Here we are - we've just begun  
And after all this time - our time has come  
Ya here we are - still goin'strong Right here in the place where we belong

[Chorus]

Here I am - next to you And suddenly the world is all brand new  
Here I am - where I'm gonna stay Now there's nothin standin in our way  
Here I am - this is me



# THIS IS WHERE I BELONG

- ✘ I hear the wind across the plain  
A sound so strong - that calls my name  
It's wild like the river - it 's warm like the sun  
Ya it's here - this is where I belong  
Under the starry skies - where eagles have flown  
This place is paradise - it 's the place I call home  
The moon on the mountains The whisper through the trees  
The waves on the water Let nothing come between this and me  
Cuz everything I want - is everything that's here  
And when we're all together - there's nothing to fear  
And wherever I wander - the one thing I've learned  
It's to here - I will always...always return



# GET OFF MY BACK

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- ✘ Well you think that you can take me on You must be crazy  
There ain't a single thing you've done That's gonna phase me  
Oh but if you want to have a go I just want to let you know  
Get off of my back and into my game  
Get out of my way and out of my brain  
Get outta my face or give it your best shot  
I think it's time you better face the fact  
Get off my back  
You know it's all just a game that I'm playing  
Don't think that you can find a way in  
That's what I'm saying Oh if you want to have a go  
I just want to let you know...



# DON 'T LET GO

- ✘ I can't believe this moment's come It's so incredible that we're alone  
There's so much to be said and done It's impossible not to be overcome  
Will you forgive me if I feel this way Cuz we've just met - tell me that's OK  
So take this feeling 'n make it grow Never let it - never let it go  
(Don't let go of the things you believe in)  
You give me something that I can believe in  
(Don't let go of this moment in time)  
Go of this moment in time (Don't let go of things that you're feeling)  
I can't explain the things that I'm feeling (Don't let go )  
No, I won't let go Now would you mind if I bared my soul  
If I came right out and said you're beautiful  
Cuz there's something here I can't explain  
I feel I'm diving into driving rain You get my senses running wild  
I can't resist your sweet, sweet smile So take this feeling 'n make it grow  
Never let it - never let it go  
[Chorus]  
I've been waiting all my life To make this moment feel so right  
The feel of you just fills the night So c'mon -just hold on tight



# SOUND THE BUGLE

- ✘ Sound the bugle now - play it just for me  
As the seasons change - remember how I used to be  
Now I can't go on - I can't even start  
I've got nothing left - just an empty heart  
I'm a soldier - wounded so I must give up the fight  
There's nothing more for me - lead me away...  
Or leave me lying here Sound the bugle now - tell them I don't care  
There 's not a road I know - that leads t anywhere  
Without a light I fear that I will - stumble in the dark  
Lay right down - decide not to go on  
Then from on high - somewhere in the distance  
There's a voice that calls - remember who you are  
If you lose yourself - your courage soon will follow  
So be strong tonight - remember who you are  
Ya you're a soldier now - fighting in a battle  
To be free once more... Ya that's worth fighting for  
And it's waiting for me - here I am





# YOU CAN'T TAKE ME

- ✘ Got to fight another fight - I gotta run another night Get it out - check it out  
I'm on my way and it don't feel right  
I gotta get me back - I can't be beat and that's a fact  
It's OK - I'll find a way You ain't gonna take me down no way  
Don't judge a thing until you know what's inside it  
Don't push me - I'll fight it  
Never gonna give in - never gonna give it up no  
If you can't catch a wave then you're never gonna ride it  
You can't come uninvited Never gonna give in - never gonna give it up no  
You can't take me I'm free Why did it all go wrong?  
I wanna know what's goin'on And what's this holding me?  
I'm not where I'm supposed to be I gotta fight another fight  
I gotta fight with all my might I'm getting out, so check it out  
Ya - you're in my way So you better watch out



# I WILL ALWAYS RETURN

- ✘ I hear the wind call my name The sound that leads me home again  
It sparks up the fire - a flame that still burns To you I will always return  
I know the road is long but where you are is home  
Wherever you stay - I'll find the way  
I'll run like the river - I'll follow the sun  
I fly like an eagle - to where I belong  
I can't stand the distance - I can't dream alone  
I can't wait to see you -Yes, I'm on my way home  
And now I know it's true My every road leads to you  
And in the hour of darkness Your light gets me through  
You run like the river - you shine like the sun  
You fly like an eagle You are the one I've seen every sunset  
And with all that I've learned Oh it's to you - I will always return

