

WHO YOU ARE IS WHAT YOU DO

MAKING CHOICES ABOUT LIFE AFTER SCHOOL

By Heather McAllister

TITLE: Who You Are Is What You Do

AUTHOR: Heather McAllister

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- * **Innovative approach to careers counselling for 'Generation Y'**
- * **A personal workbook - an ideal gift for any secondary school student**
- * **Expert resource too for careers counsellors, teachers and parents**
- * **Encourages students to focus on their strengths and interests, not 'the job'**
- * **Light, informal, thought-provoking, with strong graphics**
- * **Draws on the insights of three great philosophers - Sartre, Heidegger and Nietzsche**
- * **National media campaign - April/May (TV, radio, print)**
- * **Author experienced media performer**
- * **Direct marketing to schools**

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• Friedrich Nietzsche, who says we are our passions – those strong drives that motivate us, such as wanting to excel.



• Martin Heidegger, who says we are the values that we choose – our priorities and those things that are important to us, such as fairness, family, independence.



• Jean-Paul Sartre, who says we are what we choose. Each decision we make – whether it is about the food we eat or the friends we have – is who we are at that moment.



Your career is your story. You can write into your story all the dreams, goals and plans that you are prepared to work for. Like all interesting stories, there will be twists and turns. There will be events and situations which you cannot control and other times when you make important decisions that change the whole course of the tale.

Start thinking about how you'd like to write your story now.

SOME QUESTIONS TO HELP:

What careers do your parents/guardians/grandparents have?

How did they get to where they are now?

SECTION 01 | QUESTIONS 21

SO WHERE DO I BEGIN?

YOU BEGIN WITH YOURSELF!

IT'S ALL ABOUT YOU.

WHO AM I?

THE THREE PHILOSOPHERS WE LOOK AT IN THIS BOOK

VERY IMPORTANT POINT

IMPORTANT TIPS

IMPORTANT POINTS

THE MOST IMPORTANT POINT

We are our passions, our creativity, our dreams and our strengths.

WHO YOU ARE IS WHAT YOU DO

PRODUCT DESCRIPTION

Who You Are Is What You Do is a funky and informative workbook, designed to help teenagers make good decisions when taking the sometimes scary step of entering life after school. Author Heather McAllister has drawn on her experience as a career coach to create an essential resource for schools, students and parents alike. Attractive and fun-to-use, *Who You Are Is What You Do* gets its readers asking the right questions about themselves.

ABOUT THE AUTHOR

Heather McAllister is a philosophical counsellor specialising in life-direction guidance for teenagers and adults. While she was manager of student recruitment at the University of Auckland, she spent several years counselling and advising students regarding the transition from secondary to tertiary education. She has experience as a career consultant and has also worked in corporate recruitment.

As she says in the introduction: "Much of this book is inspired by my discussions with thousands of students about their life goals and dreams."

Heather has an MA in Philosophy and is an adjunct member of the American Philosophical Practitioners Association.

ABOUT THE PUBLISHERS

Wilkins Farago has been a small, privately-owned book publishing company in Melbourne, Australia since 1998. We don't publish a lot of books, so we care about the ones we do publish. In recent years, we have developed a reputation for publishing acclaimed and award-winning children's picture books from around the world, many of them translated into English for the first time. Through publishing the finest international children's books, we hope to expose children in Australia and New Zealand (and their parents and teachers) to new cultures, new perspectives, and new styles of illustration.

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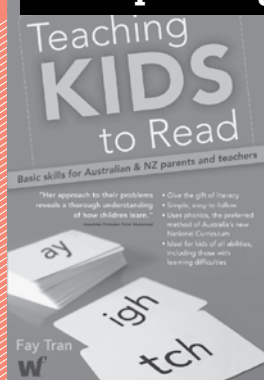
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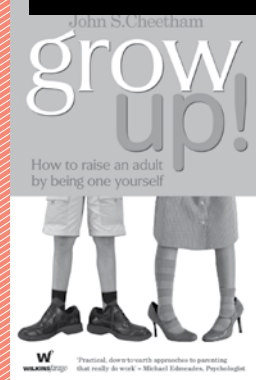
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