# Positive Pathways









Jackie O'Hare Careers Adviser St Thomas Aquinas









## What is a Careers Adviser





Understanding your personality, interests and values is key to making the right career decisions.

SELF

Know how to use your talents, skills and personal qualities.

STRENGTHS

Explore the world of work, training and learning.

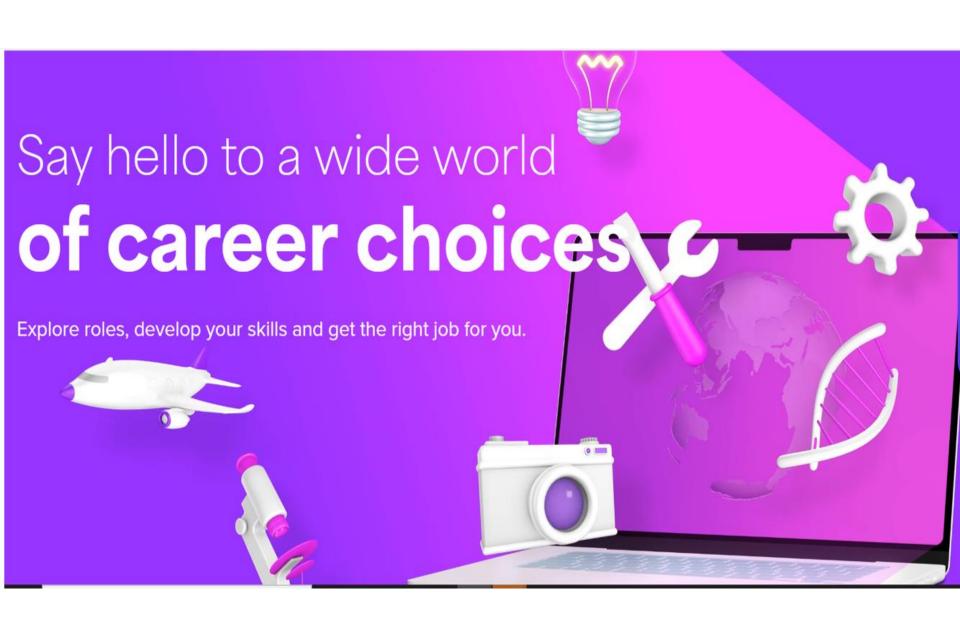
HORÍZONS

Identify who can help you, and how, in your career journey.

NETWORKS

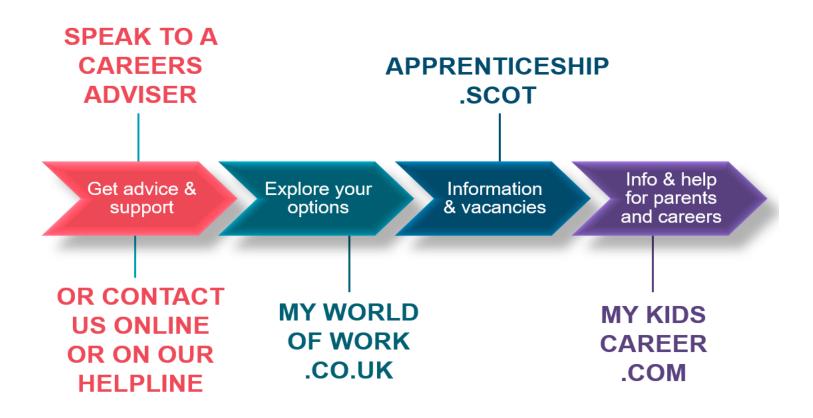
## Routes & Pathways





## **FIND OUT MORE**





#### Services in school

#### Appointments -

- Pastoral Care
- Break and lunch time drop-in sessions
- Phone or email

#### Jackie O'Hare - Monday - Friday

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