

# IO1 - Toolkit of methods for developing & enhancing Social-Emotional Skills of Career Guidance Practitioners

**STRENGTH Project**

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**Edition n° 2**

**Dear reader,**

The Intellectual Output 1 – Toolkit of methods for developing & enhancing Social-Emotional Skills of Career Guidance Practitioners – is now completed, based on a Desk Research and Compendium of Methods on Social-Emotional Competence.

Prepared under the coordination of Peter Weber and Rebeca García, this document is a report on the existing methods for developing/ enhancing /improving Socio-emotional skills, providing substantial elements to establish a theoretical basis and adequate training methods for the development of socio-emotional skills.

The conclusions of this document are the basis on which the other outputs of the project will be constructed – that is the IO2 and the IO3.

The innovative aspect of this lies with the idea of focusing on social and emotional intelligence as key skills for the professional delivering career counselling and guidance services to different target groups.

This desk research does not focus only on the international level, but it gets in the frontline research developed in the country of each partner of the project STRENGTH. Although the partnership has already a strong theoretical standpoint, the collection and recording of quality methods, and tools that have been used so far to improve social skills in the partner countries is yet to be accomplished. Therefore, the analysis of the international literature provides an overview of the area, and gives the opportunity to produce further insight on how to improve these skills.

This intellectual output will also provide further opportunities to disseminate the results to other countries as well and prepare for further enhancement of such skills in the field of counselling and career guidance and other relevant fields.

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STRENGTH Project is a two -year project which was launched in June 2019, and is funded by the Erasmus+ programme. To find out more about the project, click [here](#)