



香港中文大學專業進修學院
School of Continuing and Professional Studies
The Chinese University of Hong Kong

GCDF 職涯



全球職涯發展師 伴你規劃人生

Career Development Facilitation Service Scheme



- 香港中文大學伍宜孫書院與專業進修學院合辦
Jointly organised by Wu Yee Sun College of CUHK and CUSCS
- 全球職涯發展師 (GCDF) 提供專業職涯諮詢
Provides professional career development facilitation service by GCDF
- 透過面談及評估，幫助同學更深入了解自己，探索職業發展及作出生涯規劃
Guides students to enhance self-understanding for planning or embarking on their career development by face-to-face consultation and assessment
- 專業進修學院為同學及GCDF組合配對，一起規劃人生
Matching of one student and one GCDF by CUSCS
- 在伍宜孫書院內進行導引面談
Face-to-face consultation session at Wu Yee Sun College



關於全球職涯發展師

About Global Career Development Facilitator (GCDF)

香港中文大學專業進修學院 (CUSCS) 自2014年5月起在香港獨家開辦「全球職涯發展師 (GCDF) 專業認證課程」，至今已有超過1,000位學員修畢課程。學員來自有豐富工作經驗的人士，包括老師、行政及管理人員、人力資源及培訓顧問、社工及輔助工作專業人員等。

職涯顧問資格由美國諮詢師認證委員會 (National Board for Certified Counselors) 附屬的認證與教育中心 (Center for Credentialing and Education) 頒予專業認證資格。

The School of Continuing and Professional Studies of The Chinese University of Hong Kong (CUSCS) owns the exclusive training rights to offer the Global Career Development Facilitator (GCDF) Hong Kong Programme from May 2014. Among the more than 1,000 trainees who have completed the programme are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions.

The GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA.

課程內容 More about GCDF

www.cuscs.hk/gcdf



職涯發展 是一個終身並持續的探索過程，橫跨不同人生歷程，包含職業、家庭及其他社會角色。職涯發展幫助服務對象在不同人生階段，了解自己的需要和潛能，探索職業或個人的發展方向。

Career development is a lifelong and ongoing process of discovery across all stages of life involving career, family and societal roles. Career development facilitation assists the client to better understand his/her own needs and potentials at different life stages so as to explore the path for career and personal development.

GCDF

「全球職涯發展師」
怎樣幫助你？

What can GCDF
assist you?

- 助你有系統地檢視自己的特質、興趣和價值觀、對人生的需求和夢想

Examination of characteristics, interests, core values, needs & dreams
- 與你探討不同工作的職能要求，並評估自己的能力

Knowledge in job prerequisites & ability assessment
- 客觀地與你一同探索和反思，助你為職涯發展作出合適的選擇

Self exploration & reflection to facilitate career choice
- 讓你加深對自己的了解，宏觀地在每個階段規劃人生

Self-understanding for holistic life planning
- 透過四次單獨面談與你尋找未來的發展方向

Path finding by 4 individual meetings

報名詳情 Application Details

日期：2019年10月至2020年2月（面談日期及時間由同學與GCDF自行商議）
 面談節數：共4節（每節約1小時）
 地點：伍宜孫書院
 開幕禮：2019年10月16日（星期三）晚上7時舉行（必須出席）
 參加資格：伍宜孫書院全日制本科同學
 名額：10
 按金：港幣\$400（出席開幕禮、4節面談及完成問卷調查後將獲全數發還）
 報名辦法：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7514087>（截止日期：2019年9月19日）
 查詢：Miss Rachel Poon (3943-3942 / rachelpoon@cuhk.edu.hk)

Period: Oct 2019 – Feb 2020
(Meeting date and time decided by students and GCDF)

No. of Meetings: 4 (one hour per meeting)

Venue: Wu Yee Sun College

Kick-off Ceremony: 16 Oct 2019 (Wed) at 7pm (mandatory)

Eligibility: WYS Full-time Undergraduate Students

Quota: 10

Deposit: \$400 (refundable upon completion of Kick-off Ceremony, 4 meetings and an evaluation survey)

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7514087> (Deadline: 19 Sep 2019)

Enquiries: Miss Rachel Poon (3943-3942 / rachelpoon@cuhk.edu.hk)