

# ACHIEVING MORE TOGETHER

**m. motivating**  
**o. orientating**  
**v. vitalising**  
**e. empowering**  
**on**

The **m.o.v.e. on** coaches can support you in answering your questions and help you to make the right choices for your future.

## Our area of activities:

1010, 1020, 1030, 1200 Vienna

For further information and other providers of youth coaching, please see:  
[www.neba.at/jugendcoaching](http://www.neba.at/jugendcoaching)

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NETZWERK BERUFLICHE  
ASSISTENZ  
**JUGENDCOACHING**



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**“My opportunity  
for the future”**

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## HOW CAN I TAKE PART IN THE **m.o.v.e. on** **YOUTHCOACHING**

You will learn more about **m.o.v.e. on** in an informal initial meeting. Together with your coach, you will define your personal goals and you will get the support you need in order to really achieve them.

Your parents or persons to whom you relate most closely may be involved in coaching sessions.

The coaching provided is oriented to your needs and may take up to one year.

## WHAT NEXT

You are in the ninth grade or older than 15 years and you do not know yet what to do now?

### You ask yourself:

- > Should I continue to attend school or should I look for an apprenticeship?
- > What am I actually interested in?
- > What am I good at?
- > Which school is the right one for me?
- > Which occupations are there at all?
- > Which occupation suits me?

And who supports me in finding **answers to all those questions?**

## OUR SERVICES

- > Occupational orientation
- > Identification of your own strengths and abilities
- > Learning to learn
- > Preparation for traineeships
- > Test training
- > Job-application training
- > Assistance in preparing job-application documents
- > Overview of the educational system
- > School applications
- > Assistance on personal problems

**m.o.v.e. on** youth coaching is here to help you! You can use our services on a **voluntary** basis and **free of charge**.

