

Certificate in Hope-Action Theory (C.H.A.T)

About the Programme

In the 5-week Hope-Action Theory (HAT) Certificate Programme, join Dr. Norm Amundson, Andrea Fruhling, and guest instructor Dr. Spencer Niles in learning new approaches to working with clients in order to effectively increase hopefulness in practical and engaging ways.

Grounded in the Hope-Action Theory research, learn more about how Hope-Action can be applied to career development. Learn to apply the Hope Action Inventory and a range of creative interventions when working with clients, and engage with your community of professional career practitioners through synchronous and asynchronous learning opportunities.

Participants will attend live cohort training sessions via online platform, participate in small learning groups as well as connecting online with fellow participants to engage in conversation to share and support further learning.

At the end of the programme, participants will be able to:

- Promote career resilience through the Hope-Action practice
- Apply HAT career activities to facilitate career exploration
- Customise HAT career interventions to navigate career exploration and planning through the Active-Engagement Model

Course Structure

Course Period	<ul style="list-style-type: none"> • 11 Oct – 18 Nov
Total Training Hours	<ul style="list-style-type: none"> • 40 hours
Live Online Zoom Sessions	<ul style="list-style-type: none"> • Week 1: 21 Oct (10:30am – 12:00pm) – Kick Off • Week 2: 28 Oct (9:00am – 12:00pm) • Week 3: 04 Nov (9:00am – 12:00pm) • Week 4: 11 Nov (9:00am – 12:00pm) • Week 5: 18 Nov (10:30am – 12:00pm) – Wrap Up <p><i>Note: Participants are expected to access to a wifi and camera enabled notebook or tablet during the entire course.</i></p>
Learning methods	<ul style="list-style-type: none"> • Pre-reading (11 – 17 Oct) • Readings • Recorded lectures • Live online Zoom session • Small Group Practice (2-hour weekly from Week 2 – 4) • Reflections <p><i>Note: Course work requires 10 – 12 hours per week, including zoom meeting</i></p>

Assessment Requirement	<ul style="list-style-type: none"> • Reflective assignments • Peer reflections • MCQ online test
Course fee	<ul style="list-style-type: none"> • \$600 nett (CDAS Members - Singaporean/ PR) • \$700 nett (Non-CDAS Members – Singaporean/ PR) <p><i>Note: Not eligible for SkillsFuture Credit subsidies</i></p>

Entry Requirement

Course pre-requisite	<ul style="list-style-type: none"> • ACCDF, CFP, SDCC, NCDA FCD and Masters in Counselling • At least 1 year relevant experience in career development
Who should take this course	<ul style="list-style-type: none"> • College/School/University Career Counsellor • Private Practice Career Counsellor • School Counsellor • Career Service Providers

For course enquiry, please write to secretary@cdas.org.sg

To sign up for this programme, please go to <https://bit.ly/325Wtaz>

About Doubleknot Works

Doubleknot Works supports career development organizations and practitioners, to increase their impact through creative, actively engaged learning opportunities. Based on co-founder Dr. Norm Amundson’s award-winning and internationally recognized body of work in career counselling, and Andrea Fruhling’s creative approaches to working with clients and groups in career coaching, Doubleknot has developed and delivered internationally attended training programs through synchronous, asynchronous and blended learning formats. Doubleknot Works partners with organizations to design and deliver creative, practical, and impactful workshops, courses, keynote presentations, and training programs. With a focus on hope, creativity, team and organizational growth, Doubleknot Works invites individuals and organizations to connect and engage in a process of life-long learning through experiential learning and skill development.

About the Instructors:

	<p>Andrea Fruhling, Lead Instructor</p>
<p>Email: andrea@doubleknot.works</p> <p>Linkedin: @AndreaFruhling, @DoubleknotWorks</p> <p>Website: Doubleknot.works</p>	
<p>Andrea Fruhling is a career coach, workshop facilitator, and organizational consultant. She is also a founding partner of Doubleknot Works. Andrea enjoys partnering with individuals as they navigate their careers, and trains career practitioners to find more creatively impactful ways to work with clients. As a Certified Organizational Coach (UBC) with a Professional Certified Coach designation through the International Coaching Federation, she serves as a mentor coach and instructor for the University of British Columbia Certificate in Organizational Coaching program, and has supported the delivery of organizational coach training to career influencers across UBC. She also has a private career-focused coaching practice, supporting a broad range of clients from all over the world.</p> <p>Andrea has recently launched a national and international online training program in partnership with the Canadian Career Development Foundation called Engage: Dynamic Ways of Connecting, and will be launching the second course in this series this fall called Create: the Creativity of Career Development. Andrea will be presenting at several national and international career development conferences in the coming year. Andrea’s work is practical and engaging with a focus on creativity, active strengths-based learning, team engagement and organizational development.</p>	



Norm Amundson, Lead Instructor

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Dr. Norman Amundson is a professor emeritus from the University of British Columbia. He has a PhD from the University of Alberta and also holds an Honorary Doctorate from the University of Umea, Sweden. He has worked in the career development field for over 40 years. During this time he has published many books and articles, including a 2018 Anniversary Edition of his nationally award winning book "Active Engagement". Most recently he has co-authored the books, "Career Flow & Development: Hope in Action" and "Career Recovery: Creating Hopeful Careers in Difficult Times". Many of his books and workbooks have been translated into other languages (Japanese, Korean, Danish, Swedish, Finnish, French, Latvian, Estonian, Romanian, Icelandic, Arabic, Hungarian, Polish, Greek, Dutch).

In his work he emphasizes the importance of creativity, imagination, storytelling, dynamic action, metaphors and hope. Dr. Amundson has presented his work at many national and international conferences (in more than 30 countries). He has also been recognized by many national and international professional associations for his leadership and contributions in the career development field. His training workshops and presentations are practical, engaging and interactive.

Spencer G. Niles, Guest Instructor



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Dr. Spencer Niles is a Professor in the Counselor Education Program at William & Mary (having previously served as Dean and Professor). He was also a Distinguished Professor and Department Head at the Pennsylvania State University, and Professor of Counselor Education at the University of Virginia. He is a Past-President of Chi Sigma Iota International and was twice the President of the National Career Development Association (NCDA). He is the recipient of the NCDA Eminent Career Award, and has been recognized with numerous awards from the American Counseling Association (ACA). He has authored and co-authored approximately 140 publications, and his book *Career Development Interventions* (6th edition) is currently the best-selling career text in the world. His forthcoming co-authored books are titled *Career Flow and Development: Hope-Action Theory*, and *Career Recovery: Creating Careers with Hope in Difficult Times*.

Dr. Niles is a Fellow of both the NCDA and ACA and an honorary member of several national and international career development associations. He has spoken at numerous conferences around the world, and taught in over 27 countries. He currently serves as a member of the Board of Directors for the International Center for Career Development and Public Policy.