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01

Standardised Tests

Standardised tests help assess personality, interests, abilities and career preferences, supporting informed educational and professional decisions.

02

Multidimensional Preferences Questionnaire

This questionnaire identifies professional interests and preferred work environments, helping people understand which careers suit them best.

03

Portfolio

A portfolio records achievements, experiences and personal reflections, showing progress in educational and career development over time.

06

Coaching Tools

Coaching tools encourage reflection, creativity and self-awareness by exploring different perspectives and personal potential.

05

Projective Techniques

Images and visual activities reveal personal interests, motivations and vocational inclinations through self-reflection.

04

Q-Sort Method

The Q-Sort method helps organize personal values and priorities, making career choices more consistent with individual goals.