



### **Hope, optimism and resilience in a group of Italian counselors and career counselors**

Ginevra, M.C., Soresi, S., Sgaramella, T.M., Ferrari, L., Santilli, S., & Nota, L.

Department of Philosophy, Sociology, Education and Applied Psychology, University of Padua

The challenges posed by the sudden changes which have affected the world of work and of economics shift, have favored considerable readjustments in our society and in the ways in which people view career development. This is particularly true for career counselors (Nota, Soresi, Ferrari, & Ginevra, in press; Savickas et al., 2009). They will in fact be endeavoring ever more frequently in work and training contexts characterized by a great degree of unpredictability and instability.

According to the most recent and accredited theoretical models, such as Life Design, these professionals must be prepared to recognize “emerging problems” in our social context, and to deal with them in counseling activities. Career counselors should, then, privilege at-risk clients (e.g., temporary workers, older workers, individuals with disability; Nota et al., in press; Ferrari, Sgaramella, & Soresi, in press), emphasizing clients’ resilience, career adaptability, and career preparedness (Vera & Polanin, 2012). They should therefore play a key role in restoring people’s hope and optimism, maintaining their aspirations, helping them rebuild their professional identities, so as to bridge the gap between events of their present life and the need to look forward into the future (Nota, Ginevra & Santilli, in press).

In the context of an IHRT (International Hope Research Team) research project, and referring to Life Design approach, the present work aimed at examining hope, optimism, resilience and competence to instil confidence and hope in own clients in Italian practitioners. Specifically, by involving 500 practitioners, a fully mediational model between hope and optimism and confidence in own professional competences, through the indirect effect of resilience and career self-efficacy was tested.

Results provided support for the model and highlighted competencies which should be promoted in training programs for those practitioners who are concerned with helping individuals facing the uncertainty and the challenges of the future.



**Hope, optimism and resilience  
in a group of Italian counselors  
and career counselors**

