

## 1c4

# Aspirations and Limitations

### Do

Support the person to create a detailed profile of what they want to do, alongside a detailed examination of restrictions and perceived limitations.

### Story

Jean has two young children and wants to work after a seven year period of unemployment. We asked about travel, hours of work, school holidays, welfare benefits, her experiences, interests and preferences.

Jean applied for and was offered a lunchtime job at the local school.

A Careers Officer interviewed a young woman who said that she wanted to be a model. As she was very short, the worker offered her information about secretarial courses. She went on to be a nationally famous model.

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### Hints & Hazards

Giving too much advice will reduce the person's ability to think matters through for themselves. How will you deal with different levels of expectation between the person and the worker? Can the person afford the time and money involved? Do they understand that spending time and money on this activity limits other opportunities?

How settled in this ambition, or do the person's aspirations change every day? Is it OK to act on impulse sometimes? Can the so-called 'limitations' be overcome or are they actually prohibitive?