

In this document, I shall provide the answers to the two questions of the chapter *First Consultation Recommendation* concerning my first formal consultation with Nadine Olivier.

1. Summary what you find in the report

My first thought after having gone through Nadine's report, is that she is quite a diversified individual.

She is rather people oriented with a recurring theme of being of help and value to others. She seems to be good with interpersonal communication and be understanding towards the experiences of those around her. She is not at all competitive and seems to be more oriented towards kind and harmonious environments.

Interestingly, her highest scores – by a far stretch – for both interests and skills is *mechanical/ construction* and after that her interests in sub-groups of activity, occupation and subject vary between expressive, artistic, medical, and adventurous.

Her values are also rather people oriented and give the idea of an individual who likes to function with some level of freedom. Her highest work outcome value is *high income*, while *money* is only fifth on her list of personal values. This may be because of her current financial situation, which is also made somewhat apparent by her score of debt in the section concerning finances and stress.

2. What recommendations and conclusion you will make for client

Because of the wide variety of interests presented in Nadine's report, I would pay sufficient attention to making sure she understands that there is a place for occupational interests, as well as supporting and lifestyle interests, so that her holistic life experience is one of fulfilment, and not just limited to a fulfilling career. Because it seems that she likes to find rules and structures for herself, I would imagine that she could take liberty in what she does – for example having various sources of income. By this, I do not mean several unreliable odd jobs, but rather perhaps two aspects of her professional life that each provides a different aspect of what she needs to feel energized.

My main focus would however be to encourage her to look into the options involving *mechanical/ construction* fields.