

“The Role of Coaching in Shaping Proactive Professional Attitudes Among Students: An Empirical Study at A University in Poland”*

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Abstract

The aim of this article is to examine the impact of coaching on the development of a proactive attitude towards career planning among academic youth, utilizing appropriate coaching tools. The empirical study conducted analyzed the effectiveness of selected coaching techniques designed to support students in conscious and deliberate career planning. The results of the analysis indicate that the application of coaching tools significantly contributes to the increase in students' professional proactivity. The conclusions drawn from the research emphasize the crucial role of coaching in preparing academic youth for effective entry into the labor market.

Keywords: coaching, professional proactivity, career planning, coaching tools, students