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## Abstract

Career intervention can be designed to enhance constructive attitudes, emotions and behaviours that will improve clients' career attainment. In this sense, mobilisation of career exploration constitutes one of the most important tasks of career counsellors, particularly with emphasis in developmental career guidance models, first developed in the 1950s. The authors present a brief review of career exploration conceptualisation and empirical research lines. The implications for career guidance and counseling are addressed.