

SUPPORTED JOB COACHING

- TOWARDS WORKING LIFE WITH SUPPORT -
IMPROVE YOUR JOB SEEKING TOOLS, METHODS AND SKILLS

FOR WHOM

Would you benefit from support for job seeking, do you need help with finding suitable jobs, do you want to update your job seeking processes and clarify your opportunities for proceeding towards working life?

Job coaching is a tailored personal service intended for job-seeker clients of TE Services or the municipal employment experiment.

People from all fields are welcome to attend this coaching – the important thing is to have motivation for working life and be ready to work for it. The service is intended for job-seekers in Forssa, Heinola, Hämeenlinna, Lahti and Riihimäki.

WHAT

- Supported job coaching entails guidance from a personal coach provided face-to-face and via a remote connection
- The maximum duration of the service is 6 months, during which you will receive tailored coaching 2–3 hours a month
- We will also utilise our multidisciplinary team to promote your employment, and you will be sparring by our different experts if needed

COACHING CONTENTS TOWARDS WORKING LIFE:

DEVELOPMENT OF KNOW-

- You will chart your existing know-how
- You will clarify your career options
- You will think about suitable training formats and educational fields
- You will look into search processes and financial support
- You will receive support from a vocational and career coaching psychologist
- You will think about different solutions for increasing your know-how
- You will strengthen your job seeking IT/digital skills

JOB SEEKING

- You will diversify your understanding of job seeking methods and channels
- You will draw up up-to-date job seeking documents
- You will chart different job options, including non-advertised ones
- You will receive support and tips for making employment agreements and knowing what to take into consideration
- You will receive information about vacant jobs

ENTREPRENEURSHIP

- You will increase your knowledge of entrepreneurship, different forms of it and your possibilities
- You can utilise entrepreneurship-related sparring
- You will think about and draw up your own business plan

Our operating area: Forssa, Heinola, Hämeenlinna, Lahti and Riihimäki

Course number: 706221

Further information:

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