

JOB COACHING FOR ADULTS

We help jobseekers ages 29 and over in Eastern Uusimaa to find their own career path. During your coaching, we will work concretely to improve your job search skills and look for the most suitable solutions for you. Long-term coaching improves your chances of finding a job, a place to study or a work trial placement.

Help with job search and career planning

Job coaching is tailored according to your personal needs and circumstances. Based on your goals, coaching can include, for example, career choice guidance, writing an effective job application and CV, and completing a necessary competence certificate. The implementation of the coaching will be arranged according to your needs and wishes.

Long-term and personal support

You will have 2 hours of one-to-one sessions with your coach every month over a period of five or six months. Coach support is available throughout the coaching process, even if you are employed or starting your studies within five months.

Free coaching service in the Eastern Uusimaa

Job coaching is aimed for the TE Office's customers who are aged 29 and over. The job coaching service covers the residents of the Eastern Uusimaa (Askola, Kerava, Lapinjärvi, Loviisa, Myrskylä, Porvoo, Pukkila, Sipoo and Vantaa).



Job Coaching in Uusimaa

Contact us:

suuntimo@suuntimo.fi

0413143603