

## Employment Coaching in Uusimaa Espoo-Kauniainen

Do you need support in finding and applying for a job, signing an employment contract, or finding and applying for an educational place?

**Employment coaching is a suitable service for you.** You may be completely without vocational training, considering a career change, or planning to become an entrepreneur.

You may have health issues or other obstacles to employment, but you must have the ability to work at least in a work trial or part-time job. We help you with basic IT skills.

# WELCOME TO EMPLOYMENT COACHING

if you are looking for a job, have a zero-hour contract, are laid off, working part-time, or are a full-time student<sup>1</sup> or an entrepreneur.

**Application:** Apply for the service through the TE Office or your personal coach in Espoo.

**Duration:** The service takes the starting month + five (5) calendar months. You can discuss with your coach 2-8 hours per month.

**Location:** The first meeting is at Luksia in Espoo, Itsehallintotie 3, 02600 Espoo (Leppävaara Perkkää), and after that, we will find the best way for you to be coached according to your own plan.

**How:** You can agree with your coach on how and where you meet and discuss (at school, in the library, or via Teams from home).

**Contents:** Tailored to your individual needs. Starting the service, we will create a coaching plan together. You will get acquainted with the job search process and the use of various job hunt channels, learn to find different job options from the perspective of your own skills. We practice using modern job hunt methods, update and tailor your job application documents.

You have the opportunity to obtain a certificate, such as a hygiene passport, alcohol passport, age limit passport, hot work safety card and occupational safety card.

**More:** For remote days from home, you need a computer with a camera and an internet connection. Welcome to individual coaching!

### The training is carried out by Luksia koulutus Oy

<sup>1</sup> In 2024, only customers over 29 years old can join this service. From 2025 onwards, customers of all ages are welcome to this service.