

Job coaching in Uusimaa

What is it?

You'll receive support from an experienced coach throughout your job search. The training sessions are tailored to your needs and include private meetings (in person, remotely, or a combination of both) and tasks to enhance your job search between meetings. The service is available in Finnish, Swedish, and English, with sign language interpretation offered if needed.

Contents of the job coaching

- Career planning and finding suitable employment solutions with your coach's assistance
- Personalized job training plan and its implementation with your coach's help
- Identifying your skills and marketing them to employers
- Job search documents, methods, and interview preparation
- Job search process and uncovering hidden job opportunities
- Assistance from your coach in finding the jobs you're seeking
- Support and guidance at the beginning of your new job
- Opportunity to complete a competence pass and qualification card training

For whom?

For jobseekers who are customers of the Espoo-Kauniainen employment area. The coaching is suitable for those needing help finding and applying for a job or a place of



study, as well as those needing support in identifying and pursuing the right career path. Participants must have sufficient language skills for the training.

Where?

The coaching can be conducted in person, remotely, or as a hybrid of both. The first session is always in person, and subsequent sessions are planned with the customer, taking into account their preferences. The ordering party (TE services or Uusimaa's local government pilots on employment) can also decide the format of the training sessions when ordering the service.

Duration

The training lasts six months.

Where do I apply?

Through the employment authorities of the employment area of Espoo-Kauniainen.

More information

Eezy Työllisyyspalvelut
info.tyollisyyspalvelut@eezy.fi