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## Job search and career coaching online, Espoo–Kauniainen

**Fully digital coaching helps you find a job as quickly as possible. You can participate either in job search coaching or career coaching.**

The coaching is conducted on an interactive Howspace online platform. It includes independent work as well as optional workshops, for example on digital skills and hidden job opportunities. Participants have access to personal guidance during the coaching on weekdays between 9:00 and 15:00.

You can participate either in job search coaching or career coaching. The type of coaching is selected based on your individual needs and situation.

### Target group

The coaching is intended for clients of Espoo Employment Services who feel a need for it and whose job search is valid. Clients must have the necessary IT skills and equipment for online work, such as a computer or tablet, as well as an internet connection.

### Contents of job search coaching

- identifying your skills and competences
- updating your CV
- learning electronic job search services
- hidden job opportunities and employer contacts

### Contents of career coaching

- identifying your skills and competences
- setting job search and/or education goals
- exploring career study opportunities
- assessing the need for further education

### Duration

The coaching lasts for 5 working days. In addition, you may receive individual guidance during the coaching and for up to 30 days after the coaching has ended.

### Start

Please contact an employment services specialist and agree with them on which type of coaching suits you best. You can also register your interest using the form that opens via the QR code.

### Contact details

Your coach on the Howspace platform  
Live Foundation: [asiakassihteeri@inlive.fi](mailto:asiakassihteeri@inlive.fi)

