



# Employment Coaching Uusimaa

Get support from an experienced coach for your job search or career change! In employment coaching, you'll receive personalized guidance through in-person or remote sessions.

## Contents of the coaching program

- Personalized coaching that supports you in achieving your goals
- Career planning and exploring suitable employment solutions
- Identifying your skills and promoting them to employers
- Job application methods and required documents
- Preparation for job interviews
- Job search process and hidden job market
- Support in finding suitable job opportunities
- Guidance and support at the beginning of an employment relationship, if needed
- Opportunity to complete a skills passport or qualification card training mandatory for specific jobs

## Is this coaching right for you?

The coaching is designed for job seekers in the Uusimaa employment area who need support in applying for a job or a study place, or in finding a suitable career path.

## Duration of the program

The coaching lasts approximately 6 months (the starting month plus five full calendar months thereafter).

## How to sign up?

Registration takes place through the employment authorities of the Uusimaa employment area.

## Address for on-site coaching:

Miestentie 3, Espoo

Bertel Jungin Aukio 5, Espoo

Taivalmäki 9, Espoo

**Further Details on the Coaching Program:** Eezy Työllisyyspalvelut  
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