

# Employment coaching – supporting your way to employment

## What is employment coaching?

- Employment coaching can help you when you're looking for jobs, when you start in the new workplace and as you navigate your way to sustainable employment. Your coach supports you in finding the right path for you.

## Who is employment coaching suitable for?

- Are you looking for a new job or considering a career change?
- Do you need practical assistance in your employment search?
- Are you looking to enhance your skills and find suitable work opportunities?
- Could you do with someone to support and encourage you as you look for jobs?
- If your answer to any of the above is "yes", then this service is for you!



Kuvitus: Rakastaja Robert

## As part of coaching, you will get:

- An individual plan that supports your way to employment
- Help with drafting your CV and other application documents
- Tips and practice for job interviews
- Information about the job market and finding jobs
- Identifying your individual professional skills
- Networking opportunities and contacts to employers
- Support as you enter the workplace, if needed – we can also support your employer

## What happens in coaching?

1. **initial meeting and setting goals** – meeting with your coach to talk about your situation as well as your goals
2. **plan** – agreeing clear and concrete steps towards your goals
3. **coaching support** – continuous contact with your coach as you carry out your plan (we can call or email with you, or come meet you in your workplace)
4. **getting a job** – supporting you as you prepare for job interviews or navigate your way through the start of your new employment

Employment coaching is free of charge and tailored to meet your needs! If you'd like to start coaching, please get in touch with your Employment Specialist.