



# OMA SUUNTA

## Multidisciplinary job coaching for job seekers in the Mikkeli region

Do you need support with everyday life or your job search? Would personal guidance help you take the next step forward? Oma suunta offers individual job coaching tailored to your situation. You will work with a coach who supports you step by step and helps you move forward at your own pace.

### SERVICE DESCRIPTION

The goal of the service is to support you in carrying out your employment plan and moving closer to work or working life. Coaching helps you strengthen everyday life skills, improve life management, and build positive, practical ways of moving forward.

This service is suitable for you if you need someone to help organise your plans, guide your process, and support you in taking the next steps.

### DURATION AND IMPLEMENTATION

The service lasts six months. Coaching is mainly provided through face-to-face meetings in Mikkeli and nearby municipalities. The coaching is tailored to your individual situation and can be combined with other services that support you. To take part in the service, you need to be able to communicate in plain (simple) Finnish or English.

### WHAT DO YOU GET FROM THE SERVICE?

Together with your coach, you will set clear and realistic goals that support your daily life and job search. Your coach will support you in working towards these goals, give feedback, and help you find practical ways to move forward at your own pace. You will also receive hands-on help in using the Job Market Finland online services.

### WHO IS THE SERVICE FOR?

The service is for working-age job seekers in the Mikkeli region.

The service may be suitable for you if you:

- have ADHD or other neuropsychiatric challenges (no diagnosis is required), or
- are in mental health or substance use recovery, or
- benefit from support with planning, organisation, or daily functioning

It is enough that you benefit from the service and are motivated to work with a coach.

The service is not suitable if you currently have an acute mental health or substance use problem that requires immediate treatment.

### HOW TO JOIN THE SERVICE

You can join the service through a referral from your employment specialist. You can also contact employment services yourself by sending a contact request through [Job Market Finland](#) or by calling Mikkeli Region Employment Services. The phone service is available Monday to Friday from 9:00 to 15:00 at +358 15 194 2200.

### CONTACT INFORMATION

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