



# EMPLOYMENT SUPPORT COACHING, KERAVA AND SIPOO

## Personal support for finding employment and staying in work

**Has job searching felt overwhelming or unclear? Are you wondering what kind of work would suit your current work ability? Employment support coaching offers personal support and practical tools to help you move towards employment or education in a way that suits you.**

### Service Description

Employment support coaching is a personalised and practical service that supports you in finding work, staying in work, and developing your skills. Together, we define realistic job search goals and create a clear plan towards employment or education.

### Who is it for?

Employment support coaching is intended for clients in the Kerava and Sipoo employment area who face challenges affecting their work ability and need personal support in defining job search goals, carrying out their job search, or strengthening their job search skills.

### Implementation

The coaching consists of individual meetings held every 1–2 weeks at Keuda's premises in Kerava or Sipoo. The duration of the coaching is determined by individual goals and needs, with a maximum total duration of 20 hours.

The service is provided in Swedish.

If needed, the coaching can continue after the participant has secured employment or a place of study.

### You will receive:

- support in identifying occupations suited to your work ability
- assistance in finding work that matches your work ability
- support with creating a CV
- help with writing job applications
- coaching for job interviews
- increased confidence in job search situations
- tips for finding hidden job opportunities
- support for networking
- a personalised job search plan
- clear next steps

### Registration

You can participate in the service by agreeing on it with your employment specialist.

Get in touch by submitting a contact request via the [Job Market Finland E-services](#).

### Contact Information

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