



Job Coaching, Southwest Finland

The training is aimed at customers in the Turku employment area!

Job coaching is a personalized service for those who are unemployed or about to become unemployed.

Your employment is at the heart of job coaching. The goal is to support you in your job search and help you start a new employment relationship. Together with your coach, you will plan and agree on the actions that best support your employment.

WHAT IS JOB COACHING LIKE?

Job coaching involves confidential discussions between you and your coach. These discussions cover employment-related issues that are important to you.

The coaching may include, for example:

- Describing and marketing your skills to potential employers
- Evaluating different employment options
- Preparing for job interviews
- Planning new career paths

During the training, you will have access to:

- Your coach's expertise and support in overcoming job search challenges
- A digital online learning environment
- IT equipment, if necessary

Usually, achieving employment involves addressing multiple topics, which you and your coach will explore at a pace that suits you during your meetings.

HOW DOES JOB COACHING START?

You can contact your regional employment services specialist to apply for the service. Your employment services specialist will arrange for you to participate in the coaching, after which your coach at Arffman will reach out to you.

In coaching, we work towards your goals and find ways for you to succeed. Coaching sessions can be held in person, by phone, or online. You and your coach will agree on the time and method that work best for you.

ARFFMAN CONTACT INFORMATION IN THE TURKU EMPLOYMENT AREA



turun.alue@edu.arffman.fi

The service is available in the Turku Employment Area: Turku, Parainen, Vakka-Suomi, Loimaa, and Kemiönsaari. Regional office addresses are available on our website.

www.arffman.fi/tyohonvalmennus-varsinais-suomi