



# CAREER COACHING, KERAVALA AND SIPOO

## Personal coaching towards employment, education, or a new direction

**Which direction could your career take next – and how can you get there?**

**Would you like to move into employment, education, or perhaps an entirely new field, but are unsure which option is right for you? Are you wondering about your skills, the need for further training, or where to start in the first place? Apply for career coaching.**

### Service Description

Career coaching is a personalised and practical service that helps you clarify your skills, explore career options, and define your next step. During the coaching process, you will create a concrete and realistic plan towards employment, education, or another option that suits you.

### Who is it for?

Career coaching is intended for job seekers in the Keravalala Sipoo employment area who are seeking clarity about their career direction, considering a career change, returning to working life after a break, have not yet completed vocational education, or are exploring entrepreneurship as an option.

### Implementation

The coaching consists of individual meetings held every 1–2 weeks at Keuda's premises in Keravalala or Sipoo. The total duration of the coaching is up to 10 hours.

The service is provided in Swedish.

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

### Content

- mapping your skills and strengths
- clarifying career options and future pathways
- creating a personal plan towards employment or education
- support for job search and career choices
- information on industries, education opportunities, and work trials
- increased confidence to take the next step

### 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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