



# Uusimaa Job Coaching, Helsinki

## PROGRAM OVERVIEW

The coaching program starts with a face-to-face meeting at our office. After that, sessions can be held in person, online, or through a mix of both. If needed, we can lend you a computer and offer guidance on how to use it.

## PROGRAM CONTENT

Each participant will receive a personalized plan with specific goals and tailored content. You'll work closely with a coach to pursue your objectives, whether that's exploring job or training opportunities or addressing employment-related questions. The plan can be updated as you progress through the coaching period.

Participants also have the option to complete 1–2 certifications or qualification card trainings, such as the occupational safety card, hot work card, alcohol pass, age limit pass, or hygiene pass.

## WHO SHOULD JOIN?

This program is open to job seekers who speak Finnish, Swedish, or English. There are no specific requirements for educational background or profession—people from all fields are encouraged to participate. Our coaches also provide support for those with work capacity challenges.

**DURATION:** Starting month + 5 calendar months

## ADDRESSES:

- 📍 Valimotie 10, 00380 Helsinki
- 📍 Barona Helsinki, Pasila  
Pasilan Asema-aukio 1, 00520 Helsinki

## COACHING GOALS

- Full-time employment
- Part-time employment
- Wage-supported work
- Pathway to entrepreneurship
- Various training opportunities
- Support in maintaining studies
- Work trials
- Job placement
- Increased full-time employment

## HOW TO REGISTER

To join, contact your employment expert, for example, by logging into the Business section of [Työmarkkinatori](#). They'll help you arrange participation, after which we'll reach out to you.

## CONTACT INFORMATION

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Learn more on our website!  [www.arffman.fi/uudenmaan-tyohonvalmennus](http://www.arffman.fi/uudenmaan-tyohonvalmennus)

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