



ARFFMAN

We believe  
in you.

# Job Search Coaching

## Personal service to support your job search

Job Search Coaching is a personal service suitable for those who are unemployed and are a TE office customer.

### COACHING OBJECTIVES

Your employment is at the heart of job search coaching. The goal of coaching is to support you in finding a job or starting a new employment relationship. Together with your coach, you plan and agree on actions and steps that will suit best to your unemployment situation.

### WHAT HAPPENS DURING COACHING?

Coaching built in the form of confidential conversations between you and your coach. During which you discuss employment-related issues, that are important to you.

During coaching, we cover topics that are related to the main goal - finding a job. Such topics include, for example, describing and marketing your own skills to a new employer, evaluating various alternatives of the employment, preparing for job interviews, or planning new career options.

Together with your coach, you agree on the dates and times of meetings. Usually to achieve your goal you will need to work on several topics during meetings with your coach at a pace that suits you. During coaching, we focus on directing you towards your goal and finding ways to support you on your way. Depending on the situation meetings with your coach can be arranged in different forms including face-to-face meetings, phone discussions, or online meetings.

### HOW TO APPLY FOR JOB SEARCH COACHING?

Contact TE office in Southwest of Finland and tell about your interest in participating in Job Search Coaching. Ways to contact e.g.:

Through the Oma Asiointi online service ([www.te-palvelut.fi](http://www.te-palvelut.fi)) or by phone 0295 025 500.

The TE service expert will agree with you on participating in the coaching, after which our coach will contact you.

## OFFICES

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