

For you!



Online career coaching

Perform independent coaching process in an online environment!

Career coaching in a digital environment, UUSIMAA

Develop your career planning skills - working online is smooth and easy!

You complete the coaching process independently online, at your own pace over a continuous period of ten business days.

The content of the coaching consists of the following themes

- ✓ Defining the starting situation and the life situation
- ✓ Structuring your own goals
- ✓ Identifying competencies and strengths
- ✓ Identifying areas for development
- ✓ Studying and learning
- ✓ Re-education
- ✓ The labor market situation and education opportunities in the region
- ✓ Job search skills
- ✓ Future work
- ✓ Distinctive CV and application
- ✓ Digital services for TE-office (employment office)
- ✓ A plan for the future

Jump in!

Some information about the service

Timing

Coaching starts on Mondays. You will receive instructions in your email before coaching.

Implementation

You will complete coaching in a digital coaching environment independently in 10 business days at times convenient for you. If necessary, the help and support of the coaching staff will be available on weekdays from 9 am to 3 pm.

Registration

Leave a contact request through Oma asiointi -service <https://asiointi.mol.fi/omaasiointi>

Through Uusimaa's TE-office (employment agency) www.toimistot.te-palvelut.fi/uusimaa/paikalliset-palvelut

Need more information?

Aamos Group Oy
uusimaa@aamos.fi

You can also read more on Aamos Group's website:
<https://aamos.fi/tvp/uusimaa>

Participate in coaching and take direction to achieve your own goals!

