



## Work life coaching program

### Work life coaching just for your needs!

Are you looking for a quick route for finding a job? Or maybe you need assistance for finding the right path in your career? If yes – Work life coaching program is for you!

#### There are two paths to choose from.

1) Quick route for finding a job where coaching focuses on how you can market your special skills, finding networks and building employer relationships. We are introducing the right tools and help you design an appealing CV and a lot more. Duration of the training is up to 3 months.

2) For those of you thinking about how to face the challenges of working life: We support the transition to and staying in the labor market. In coaching, we also consider possible health constraints and learning problems. Duration of the training is up to 6 months.

#### Program content example:

- ✓ Goal-oriented job search plan
- ✓ Appealing CV
- ✓ Guidance on today's job search tools
- ✓ Interview sparring with your personal coach
- ✓ Employer networks
- ✓ Clarifying your training or career path
- ✓ Helping you create a video presentation
- ✓ The exact content depends on your situation and needs!

#### How to enter the program:

Your participation to this program have been agreed in your employment plan together with your employment officials. When you are interested in this program contact your local employment services and ask, if you could apply to the work life coaching program. The service is free.

#### Participation locations and info

**South Karelia employment area.** As a face-to-face service or via a visual remote connection. The service may also include guidance by phone and email.

#### Contact, Aamos Valmennuspalvelut Oy

Information about the program: [www.aamos.fi](http://www.aamos.fi)

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