



# Job Coaching in Swedish

Are you looking for help in finding a job, choosing the right educational path, or securing a place in working life? We are here to help you find your place in working life!

## DESCRIPTION

During the coaching, we support you towards working life, whether it is full-time work, part-time work, wage subsidy or entrepreneurship. We help you explore educational options. Together we will find suitable solutions for you that will help you progress towards your desired profession, whether it is through employment, work experience or studies.

## IN THE COACHING YOU WILL GET:

- Personal support for career planning and guidance
- Information about working life and the labor market
- Help with job applications, CVs, and cover letters
- Coaching for job interviews
- Advice on employment contracts
- Guidance on educational options and how to apply for them
- Cooperation with local employers
- Presentation of entrepreneurship options

During this service, you can complete necessary competence certificates or card training, as well as take the YKI exam (National Certificate of Language Proficiency). We also offer services to get your existing qualifications recognized.

## THE COACHING IS FOR YOU IF:

- You have studied or are currently studying in voluntary Swedish-language integration training.
- You have at least A2.1 level Swedish language skills or fluent English language skills.
- You are a customer of the municipality's employment services in Uusimaa.

## IMPLEMENTATION

We offer you either face-to-face or remote coaching in Uusimaa. Meetings are held in Helsinki, Porvoo or Karjaa. At the beginning of the coaching, we will draw up an individual coaching plan with you, which will guide the implementation of the entire coaching process.

## DURATION

The maximum duration of the coaching is the starting month + 8 months. We will inform you personally about the exact start times and schedules.

**Registration for this coaching has ended.**

### Contact information:

Theresa Sui  
Coach  
Tel. 044 418 5515  
[theresa.sui@edu.arffman.fi](mailto:theresa.sui@edu.arffman.fi)

ARFFMAN

PART OF BARONA

Helsinki