

Job coaching is a personalized service designed for unemployed individuals or job seekers.

## **TRAINING GOALS**

Helping you gain employment is the core focus of job coaching. The goal is to support you in your job search or as you begin a new job. Together with your coach, you will plan and decide on the most effective steps to help you secure employment.

## WHAT HAPPENS IN COACHING?

Career coaching is a confidential discussion between you and your coach, covering employment-related topics that matter to you.

These may include:

- Describing and marketing your skills to potential employers
- Exploring different job opportunities
- Preparing for job interviews
- Planning new career paths

You will schedule coaching sessions with your personal Arffman coach. These meetings can be held in person, over the phone, or online.

Reaching your goal typically involves discussing several topics at a pace that suits you. Coaching focuses on progress and finding strategies to support your success.

## **HOW DO I APPLY FOR JOB COACHING?**

If you are in the Satakunta Employment Area, your designated specialist will arrange your participation and notify you about the service. After that, we will contact you by phone to begin the coaching. This service is available in the following locations: Harjavalta, Jämijärvi, Kankaanpää, Karvia, Kokemäki, Merikarvia, Nakkila, Pomarkku, Pori, Siikainen, and Ulvila.

## **CONTACT INFORMATION**

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For more information, you can reach out to your Arffman coach. Coaching sessions are held in various locations depending on the region, and you will receive detailed instructions about the venue and meeting arrangements during your initial call.

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