

**Towards a new career**

# Employment coaching CENTRAL UUSIMAA

## For whom?

The coaching is suitable for individuals in the employment phase who need support with job searching, career planning, starting a business, employment, or overcoming challenges in the early stages of an employment relationship.

## Content of the coaching?

Personalized coaching plan  
Skills assessment  
Support for the job search process and assistance at the beginning of an employment relationship.

## Where?

Through in-person meetings, remote guidance, or a hybrid format.

## What do you get?

Individualized support and guidance for job searching, career planning, CV writing, and job interviews. Opportunities for company visits and card-based training (e.g., occupational safety card, hygiene passport).

## Duration?

Up to 5 months, with a minimum of 2 hours of coaching per month.

## Registration

Through your local expert at the Uusimaa TE Office  
For more information, scan the adjacent QR code.

[www.keuda.fi](http://www.keuda.fi)



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