

# ONLINE CAREER COACHING

**Timetable:** On weekdays from 9am to 3pm



## **The Duration of coaching:**

20 days of coaching consists five days familiarisation with work and up to 10 hours of personal guidance after coaching.

## **Online:**

Live meetings via Zoom, Moodle as a learning environment.

## **The Content of coaching:**

During this online career coaching you will learn the most essential of career planning and how to find new job opportunities, as well as get fresh ideas for updating your application documents and getting prepared for job interviews. In addition the emphasis will be on current themes related to Finnish work life: business environment in Finland, networking during pandemic, communication skills, and self-management skills. After coaching you will have a clear picture of your own strengths and interests and how you will be useful in your job search and work life.

## **Korttikoulutukset:**

You have the opportunity to complete up to two card courses to promote your plan: Hygiene passport test, Alcohol legislation exam, Safeaid and First aid I -card, Hot Work Card, Occupational Safety Card ja Truck Card. You can get only one card, if you want to card for Safety at electrical work.

**Register for career coaching:** <http://toimistot.te-palvelut.fi/pohjanmaa/tapahtumat>

**Further information:** Koulutuspalvelu Saarenpää Oy. Birgitta Saarenpää: mobil 040 545 1902 ja email [birgitta@koulutuspalvelusaarenpaa.fi](mailto:birgitta@koulutuspalvelusaarenpaa.fi) / <http://www.koulutuspalvelusaarenpaa.fi>