



## ONLINE CAREER COACHING, 20 DAYS

### What does this coaching include?

- **Are you** unemployed or under risk of unemployment and looking for a job?
- **Do you** need guidance in mapping out your career opportunities?
- **This unique** opportunity for English speaking jobseekers in Ostrobothnia and Central Ostrobothnia.
- **During** this online career coaching you will learn and 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 a pandemic, communication skills, and self-management skills.
- **After the 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.
- **The coaching** consists of group mentoring, independent work, and personal counseling with the coach. In addition, five days familiarisation with work will be included in the coaching, if you need that.
- **Online**, live meetings via zoom, Moodle as a learning environment.

**Register for career coaching** via the events calendar on the Ostrobothnia Employment and Economic Development Office's website at <http://toimistot.te-palvelut.fi/pohjanmaa/tapahtumat>

#### **Further information:**

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