

## INDIVIDUAL COACHING FOR YOUNG PEOPLE

### Support towards education, employment and future goals

Individual coaching for young people provides personal support in planning the future, job seeking and applying for education. Coaching helps strengthen work-life and study skills while exploring suitable pathways to employment or education. Your coach will support you throughout the process.

#### WHO IS IT FOR?

The service is intended for job seekers under the age of 30 who are customers of the Central Uusimaa Employment Services and need individual support in matters related to employment, education or job seeking.

#### WHAT DOES THE COACHING INCLUDE?

- assessing your current situation and goals
- identifying strengths, skills and opportunities
- creating a personal pathway to education or employment
- support with job seeking, career planning and everyday life management
- practising work-life and study skills
- preparing a follow-up plan at the end of the coaching period

#### ADDITIONAL OPPORTUNITIES

Where appropriate, it may be possible to complete employment-supporting certificate training, such as Occupational Safety, Hygiene Passport or Hot Work Certification.

#### BENEFITS OF COACHING

This coaching helps you:

- strengthen participation and self-confidence
- develop work-life and study skills
- clarify future plans and goals
- move forward towards education or employment
- find a sustainable path based on your strengths and interests

#### DURATION AND IMPLEMENTATION

The coaching period can last up to 6 months. Support is tailored to individual needs, with a maximum of 30 hours in total and up to 8 hours per month. Meetings are arranged according to individual needs, with a minimum of 2 hours per month.

Coaching is primarily provided as one-to-one guidance in the client's own environment, remotely, or at our locations in Hyvinkää: Nasta Building (Uudenmaankatu 20) and accessible facilities at Karankatu 3-5.