



## FROM FAMILY LEAVE TO WORKING LIFE COACHING, KUOPIO

**Are you returning from family leave to work and feel like you need coaching in doing so? Welcome to coaching, which deals with e.g. work and education options, reconciling family and work, and mapping and planning one's own skills.**

Coaching is free and is always tailored for each client so that we are focusing precisely on the key elements for one's employment. Customers who get referred to the service may need support for finding a job, concluding an employment contract and / or consolidation of employment, or finding and applying for schooling.

### Implementation and location of coaching

- ❖ Coaching takes the form of contact teaching
- ❖ Duration of coaching max 3 months (+follow-up meeting about 3 months after the end of the training)
- ❖ 16 hours of individual tutoring and 10 hours of group coaching.

#### **More information:**

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<https://www.perhevapaaltatyoelamaan.fi/perhevapaalaiselle>

Sign up for coaching here:

<https://www.perhevapaaltatyoelamaan.fi/ ilmoittaudu>

 **Työllisyyspalvelut**