



# Online coaching for job search skills

## Contents of the coaching

- The job search process and channels
- The labour market situation in your region
- Your professional strengths and development areas
- Job application documents and video CV
- Marketing your skills
- Today's and future work-life skills
- Different types of job interviews
- Job search methods
- Artificial intelligence (AI), social media, and networks in job search

## Benefits for you

Through a five-day self-paced online coaching, you will improve your job search skills and gain the readiness for independent job seeking. The service includes 2 hours of individual coaching and tailored job suggestions for you.

## Who is the coaching for?

The service is intended for job-seeking clients in the Tampere employment region who need support and guidance in job searching. Participants are expected to have sufficient digital skills to operate online and the necessary equipment to complete the coaching service (e.g., a device and an internet connection).

## How to register?

Register for the coaching through your service specialist in employment services.

## More Information about the service

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