

# UraSprintti

## - FAST TRACK TO EMPLOYMENT

UraSprintti is a digital employment-oriented coaching service for anyone who wants support or guidance for identifying one's competence and strengths, weighing career options, information on competence development opportunities, support for developing job-seeking skills and digital skills for working life and tools for solving issues standing in the way of employment.

We start out by mapping your professional competence as well as any other competence you have picked up along the way and your motivation and interests through the use of the competence survey tool OSKAR.

Based on the survey, together with a coach, you will plan a personalised coaching programme for you that supports your goals. The personal guidance and support of a career coach is available to you throughout the coaching process.

The online coaching using a non-stop model is available around the clock also on mobile devices.

**Further information and instructions for applying:**  
[Urasprintti.fi](http://Urasprintti.fi)

**You can choose 1–2 coaching paths that best support your goals**

**1. Digital skills for working life**

Aimed at developing the customer's commonly needed basic IT skills.

**2. Career planning**

Aimed at clarifying the customer's career options.

**3. Possibilities of developing competence**

Aimed at helping the customer to identify paths for developing their competence that are suited to them and support their goals.

**4. Job seeking skills**

Aimed at helping the customer to compile tools for themselves that support effective job seeking.

**5. Work ability and functioning**

Aimed at helping the customer to devise a follow-up plan that takes into consideration the next steps towards the labour market.

*The total duration of the training is at most 32 days.*

*The coaching is provided by BearIT, which is a societal, programming and working life services expert company.*

**People's experiences with UraSprintti:**



*"The coach was there for me, supporting me along the way and providing new perspectives and tips to help me find the answer to my questions. The coaching helped me with job seeking and strengthened my competence. Now my applications are in order, and I also have the confidence to send them!"*



*"As a whole, the coaching worked and was well organised. The waypoints were clear, and the tasks were meaningful. However, the best thing was the ability to quickly message the coach, who gave me support and invaluable tips on top of the information found along the waypoints."*