



Job search training Kymenlaakso

Personal guidance to support your job search

Job search training is a group-based coaching service intended for those who have registered as job seekers at the TE Office in the Kouvola, Kotka and Hamina regions. Educational background and profession do not matter when it comes to participation, people from all walks of life are welcome to attend to this training. The most important thing is motivation to work and willingness to work for it.

THE GOALS OF THIS TRAINING

Your goal is important to us! We listen to your wishes and tailor each training to best of our capabilities. The goal of job search training is to support and guide you towards employment by improving your job search skills as well as motivating you for active job search.

Instructor:

Sanna Mathlin 044 733 4250
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Implementation of training:

Kotka: Datariina, Heikinkatu 7
Hamina: Hamina main library, Kaspersali, Rautatienkatu 8
Hamina: Kumppanuustalo Hilma, Kadettikoulunkatu 3
Kouvola: Aikuiskoulutus Taitaja Kouvola, Taitajantie 2

WHAT WILL HAPPEN IN THIS TRAINING?

In this training we initiate you to reflect and evaluate your own skills. You will receive tips on different employment options and requirements from us, your peer group, and directly from the recruiters.

During the training, you will gain confidence in your job search and develop the ability to better discover available job opportunities. You will perform concrete tasks that support your own job search process, both individually and as a group. You will get e.g. tips on the following topics

- Updating CV and job applications
- Identifying and marketing your own expertise
- Job interviews
- Employment options
- Career planning

Duration

- 10 days

ARFFMAN

[Watch video in Finnish](#)

HOW TO APPLY FOR JOB TRAINING?

Agree on participation in this service with a TE service expert. You can submit a contact request concerning the matter in the My Transactions service (www.te-palvelut.fi).

The TE Services expert will agree with you on participation in the training, after which our instructor will contact you