

Would you like to have help with planning your future?

**Don't have a study place or a job? Is your future still unclear?
Then NUOTTI coaching is just for you!**

What is NUOTTI coaching?

In NUOTTI coaching you are assigned a personal coach who helps you plan your future. If you wish, your family members or other people close to you can also participate in the coaching with you. The goal of NUOTTI coaching is to strengthen the perception of your own strengths and resources and to increase your life management and working life skills. In coaching, you can take steps towards study and working life.

Who can apply?

You can apply for NUOTTI coaching if you are 16–29 years old and need support for the various challenges of everyday life and making plans for the future. Your situation may be one of the following, for example:

- you haven't found a suitable field of study or job yet
- your studies have been interrupted or are at risk of being interrupted
- your future plans are still unclear and you need help clarifying them.

How it works?

NUOTTI coaching is free of charge and it is always tailored to fit your needs.

- 20 x 60 minutes meetings with your coach for 5 months.
- The meetings can include just talking or practical help with everyday challenges.

How to apply?

1. Contact Kela or ask for example a family member to contact Kela on your behalf, by calling +358(0) 20 692205. Give Kela your contact details and request to be signed up for NUOTTI.
2. The decision on signing you up will be made after an employee from Kela interviews you by phone.
3. After Kela makes the decision, a coach will call you. This means you should answer calls from numbers you do not know after applying.

More information:

- www.kela.fi/nuotti-valmennus
- www.tyollisyyspalvelut.eezy.fi



When applying for the coaching, remember to request Eezy Employment Services as your service provider.