

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?

- NUOTTI coaching is vocational rehabilitation for young people, which is applied for using Kela's form KU143.
- If you are studying, the application must be accompanied by a report from the educational institution on the study support measures.

More information

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



When applying for coaching, please note on the form that you choose Eezy Employment Services as the service provider.