

# Towards working life

coaching for immigrant parents taking care of their children at home



Are you currently on parental leave and wondering what you could do when your child starts daycare? Now is a good time to explore the possibilities!

## Take part in the coaching and find your own path to working life!

### In the coaching, you can:

- identify your strengths, skills and interests
- find interesting professions
- explore various fields of study at OSAO
- try out a profession in a workplace
- strengthen your Finnish language skills
- learn more about services for families with children

You can participate in the coaching part-time

Children can come along during the orientation period

You will receive personal guidance

**Join us! Send a message or call:  
p. 046 920 5765**

Detailed information about the coaching



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## The coaching program

### During the orientation period, you can:

- learn more about yourself: skills, strengths and interests
- explore study and career opportunities
- check your Finnish level and received advice from a Finnish language teacher on learning it further
- receive tips on balancing work or study and family life
- learn more about early childhood education and services for families with children



### Exploring professional fields of study:

- when you know which professions interest you, you can explore professional fields of study at OSAO
- you will learn more about the fields, studies, job tasks, and employment opportunities



### Workplace training:

- you can try a profession in the workplace and find out if the profession suits you



### Language club

During the coaching, you can also participate in KOTVA's language club and activate and strengthen your Finnish language skills. Children are welcome to come along!

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