



SUOMEN  
MENTAALIVALMENNUS

DUUNICOACH

# COACH AND PIECES OF WELL-BEING

RESOURCES, DIRECTION, CHALLENGES AND TOOLS OF WORKING LIFE

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mentaali.fi

# RESOURCES, DIRECTION, CHALLENGES AND TOOLS FOR WORKING LIFE

Do you need new perspectives in your job search? Could you use a little encouragement to move forward? Do you have challenges that hinder or slow down employment. Do you feel like you're not quite fit for work yet, or the direction is missing what I'm supposed to do next? Personal coaching to increase mental resources and eliminate challenges.

## JOBSEEKER'S CHALLENGES

Identify your own obstacles and challenges in your job search. Insomnia, stress tolerance, neurological challenges, ADHD. Life management and tools for coping.

## IDENTIFY YOUR OWN MENTAL SKILLS

Mental skills and own performance mapping. Personality and identification of one's own competence. Mental skills and well-being.

## OWN GOALS AND DIRECTION

Mapping goals and finding the direction of the individual with mental coaching work. Defining one's own goals and values. Finding relevance

## STRENGTHS

Mapping one's strengths and identifying and utilising strengths. Strengthening competence. Strengthening self-confidence and self-confidence.

## CHANGE IS AN OPPORTUNITY

Stress tolerance and resilience. Ideas to support change and working tools to support the development of one's own thinking. Finding the necessary mental resources to face a changing world.

## INTERACTION SKILLS IN JOB SEARCH

Interaction skills and their impact in job search. Human knowledge and teamwork skills in interaction. The art of listening and how I receive and give feedback.

- **PERSONAL COACHING**
- **PIECES OF WELL-BEING INCLUDES SIX COACHING HOURS**
- **KOUTSI INCLUDES 15-20 COACHING HOURS**
- **SIGN UP FOR YOUR OWN WORKING COACH**



### JOUKO MIKKOLA

- työyhteisövalmentaja
- mentaalivalmentaja SHL
- toiminnallisen neurotieteen asiantuntija, ActionTypes -sertifioitu
- luontaiset taipumukset -henkilöanalyysit
- Mental Manager Tavastia
- urheilvalmentaja
- NLP Master

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