



SUOMEN
MENTAALIVALMENNUS

DUUNICOACH

TWISTI

-COACHING FOR CHANGE

RESOURCES, DIRECTION, VISION AND TOOLS FOR WORKING LIFE

VAIN HYVINVOIVA IHMINEN VOI OLLA TUOTTAVA.

mentali.fi

RESOURCES, DIRECTION, VISION AND TOOLS OF WORKING LIFE

Do you need new perspectives in your job search? Could you use a little encouragement to move forward? The goal is to support you in your independent job search and give you the tools to face changing working life. Coaching includes four hours small group training and two hours individual coaching.

JOBSEEKER'S CHALLENGES

Identify your own obstacles and challenges in your job search. The importance of beliefs, attitudes and motivation in finding work. Tools for coping.

WORKING LIFE ABC

Economic skills in working life, mapping goals and finding individual goals through mental coaching. Defining one's own goals and values. The myths of working life.

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.

FUTURE SKILLS AND PROSPECTS

Mapping mental skills and own directness. Personality and identification of one's own competence. Mental skills and well-being.

SKILLED JOB SEEKER

Mapping one's strengths and identifying and utilising strengths. Strengthening competence and building your own 3-minute speech. Strengthening self-confidence and self-esteem

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 take and give feedback.

- **SMALL GROUP TRAINING FOUR HOURS (2-6 PERSONS)**
- **TWO MONDAYS ON THE ROW 11AM-1PM OR WE CAN HAVE FIXED TIME SCHEDULE**
- **INDIVIDUAL COACHING TWO HOURS**
- **GROUP STARTS AS SOON AS WE HAVE A GROUP GATHERED**
- **COACHING IN ENGLISH**
- **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

HANNA HÄPPÖLÄ

- työyhteisövalmentaja
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