



Get kitted  
out for better  
jobseeking

**Career  
coaching**

New service  
included in your  
income insurance.

## Professional help towards a new working life

Career Coaching – A new service is available for SULF members receiving income insurance compensation. You will be provided with the tools to prepare you for your future working life.

 Read more on the next page

# Better prepared for a new job with Career Coaching

Career Coaching gives you professional and personal help from certified coaches with extensive experience. You will be given practical tools and help to get back on the labour market.

## Career coaching provides:

- 1 hour individual career coaching with a certified, highly experienced coach.
- Documented action plan.
- 2 webinars of your choice.
- 2 career seminars each year, in Stockholm, Gothenburg or Malmö.

## How career coaching works

### Step 1:

You answer questions that will provide a basis for your career coach to work with. Career Coaching service providers AS3 will take care of the practical side of booking the meeting.

### Step 2:

You have a one-hour meeting with a coach. You will create a personal action plan during the meeting. Any questions you may have can be dealt with via email.

### Step 3:

You have access to 2 free webinars and 2 career seminars each year in Stockholm, Gothenburg or Malmö.



## Start Career Coaching by:

Telephoning **0706 44 44 02** or emailing **ul@as3.se**. You need to be a member of SULF and be in receipt of income insurance compensation.