

Get kitted
out for better
jobseeking



**Career
coaching**

Included in your
income insurance.

Professional help towards a new working life

Career Coaching – This service is available for ST 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](#)



Folksam

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:

- One hour individual career coaching via Skype with a certified, highly experienced coach.
- Documented action plan.
- Three webinars of your choice.
- Three Modules (exercises, available in A3S Portal).

How career coaching works

Step 1:

Email your request to ul@as3.se

Specify what you want to focus on at your meeting.

- CV, personal letter
- LinkedIn
- Career coaching
- Interview training
- Other issues

Before the meeting, you reflect on questions you receive via email. Career Coaching service providers AS3 will take care of the practical side of booking the meeting.

Step 2:

You have a one-hour meeting via Skype with a coach. You will create a personal action plan during the meeting. Any questions you may have can be dealt with via email. After the meeting you will be asked to complete an evaluation.

Step 3:

You have access to three free webinars and three Modules (exercises, available in A3S Portal).



Start Career Coaching by:

Email your contact details including phone number to ul@as3.se. You will be contacted by a counselor that you schedule your meeting with. To take part in career coaching you need to be a member of ST and receive compensation from income insurance. Enter code 03 for ST in your request.