

Sign up for the **Towards Successful Seniority®**

coaching!

What do the next steps in your career look like? Where do you see yourself in five years? Are you contemplating your own well-being at work? What tasks do you excel in?

The Finnish Institute of Occupational Health's Towards Successful Seniority® peer group coaching encourages you to examine your own work and career to discover new sources of enthusiasm and ways to gain a sense of control at work.

The coaching helps you identify your own strengths, resources, development targets and goals. It guides you in expanding your networks and preparing for changes and provides tips on managing workload and stress. During the coaching programme, you will also prepare a career goal plan.

You will receive peer support and gain new perspectives from other members of the group. Discussions during the coaching are confidential. The effectiveness of the coaching method has been proven by scientific studies.

The total duration of the Towards Successful Seniority® peer coaching is 16 hours, and it is carried out in groups of 10–12 people.

Time of coaching

Place

Sign up



Finnish Institute of Occupational Health