



**WOULD YOU  
LIKE TO HAVE  
HELP WITH  
PLANNING YOUR  
FUTURE?**

**Don't have a study place or a job? Is your future still unclear?  
Then NUOTTI coaching is just for you!**

## What is NUOTTI coaching?

In NUOTTI coaching you are assigned a personal coach who helps you plan your future. If you wish, your family members or other people close to you can also participate in the coaching with you. The aim of NUOTTI coaching is to help you understand your skills and strengths better. You will be in contact with your coach between meetings as well.

### Who can apply?

You can apply if you are 16-29-years old and you

- are not in school or working,
- are not in military service or in non-military service or taking a planned year off.
- have challenges in planning your future, finding work or getting into education.

### How it works

NUOTTI coaching is free of charge and it is always tailored to fit your needs.

- 20 x 60 minutes meetings with your coach for 5 months.
- The meetings can include just talking or practical help with everyday errands or other tasks.

### How to apply?

1. Contact Kela yourself or ask a family member or some other person to contact Kela on your behalf, by calling +358 (0)20 692205. Give Kela your contact details and request to be signed up for NUOTTI.
2. The decision on signing you up will be made after a NUOTTI employee from Kela interviews you by phone.
3. After Kela makes the decision, a coach will call you. This means you should answer calls from numbers you do not know after applying.



Read more about us at [www.valmennuskeskuspublic.fi](http://www.valmennuskeskuspublic.fi) or ask for more information by calling +358 (0)20 728 0345



Read more about NUOTTI coaching [www.kela.fi/nuottivalmennus](http://www.kela.fi/nuottivalmennus)

*When applying for the coaching, remember to request Valmennuskeskus Public as your service provider.*