

Keep your new year's resolution and follow through your project in 2020 with the help of

# COACHING

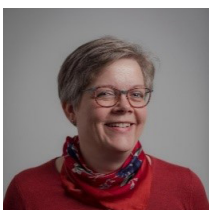
With the help of coaching you can:

- Manage your time and be more productive
- Take better care of yourself and balance your energy between work and other things in life

What:	Individual and peer-group coaching According to your schedules and the aims of your project. Three (3) peer-group sessions and two (2) individual sessions.
Charge:	<b>FREE</b>
When:	January-April 2020. Kick-off meetings (choose one or request a suitable time in the registration form): Tue 28 Jan 2020 2-4 pm and Thu 6 Feb 2020 2-4 pm
Where:	Helsinki City Centre
For whom:	Foreign-born entrepreneurs and self-employed people aged 40+. You should be able to provide a business ID (Y-tunnus) of the company you work for at least part-time.
Registration:	<a href="https://elomake.helsinki.fi/lomakkeet/102829/lomake.html">https://elomake.helsinki.fi/lomakkeet/102829/lomake.html</a> Enrollment is in registration order.

We will help and support you in your process. Work coaching can, for example, enable you to recognize your goals related to your business projects, clarify your priorities, develop cooperation and help you in change.

Our coaches:



Aija Kaitera

“My passion is to help you to improve your productivity and find customer-centric approach to your services.”

Aija has 20 years' experience in service development and management.



Annamari Tuori

“As a coach I want to help and support my customers to increase wellbeing at work and to create a well-functioning work life balance.”

Annamari is an organization expert with over ten year's work experience from Hanken School of Economics.

EntreFoX

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2014–2020



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