

# Support as an employee to strengthen your skills

**In order to be competitive in the job market, it is good that you continuously review and strengthen your skills to meet the needs of the job market. Through Omstella, you can get support regardless of whether you want to take the next steps in your career or develop within your current professional field. We can also support you if you want or need to change careers completely.**

## In order for you to receive our support, you must meet these conditions:

- You are an employed white-collar worker
- You have worked an average of at least 16 hours/week during 12 months in the last 24 months
- Your employer has been affiliated to Omstella during the period above. Time worked for another employer that is affiliated to an approved transition organisation can be counted into the required time.

Our support includes expert guidance, study and career advice, as well as various study supports. The goal is always to strengthen you and your position on the job market.



### Expert guidance

With us, you get personal advice, whether you want to further develop new skills in your current professional field or if you want to change your professional direction completely. Examples of what your advisor can help you with are CVs, cover letters, interview and presentation techniques as well as analysing what your job market looks like. If you want to start your own business, you will also receive guidance through that process.

### Study and career advice

Together with a study and career counsellor, you get guidance about education and courses that suit your interests and goals. The purpose of the studies must always be to strengthen you in the job market. If you plan to study with CSN's finance for transition and retraining support, we can help you with an opinion.

### Financial support

Taking the step to study in the middle of life can be a big decision, not least from an economic perspective. At Omstella, it is possible to apply for various study grants for both shorter courses and longer training. All financial aid is conditional, and you can read more on our website to see whether you meet the conditions to apply for it.

### About Omstella

We are specialists in transition and skills development for redundant white-collar employees and employees in employment. We are there to support organisations in civil society, cooperative enterprises, and the non-profit sector. For us, it is important that our affiliated organisations, their employees, and union representatives have the right conditions to carry out a successful transition process. We are neutral and our work is based on each person's unique situation and needs. Omstella is a non-profit foundation that was founded in 2023 by Fremia and PTK. Read more about Omstella's whole offer on [www.omstella.se](http://www.omstella.se).

# We empower you to be continually competitive in the job market

At Omstella, we support you as an employed white-collar worker to ensure that you remain competitive in the job market. With our skills support, you can get help with expert guidance as well as study and career advice. There is also financial support to apply for if you want to study.

## How to apply

1. Start by logging into [omstella.se](https://omstella.se) as an individual and create an account.
2. Then select "I am an employee and want to apply for skills support" and fill in the information requested.
3. Omstella will review your application and get back to you if, for example, there is information that is missing.
4. Omstella will contact you in for a first call.
5. After the initial consultation, you will be contacted by your advisor and can start your support.



A warm welcome to Omstella!

## Contact us

 010-182 11 20  
Weekdays 10:00-12:00 & 13:00-15:00

 [kontakt@omstella.se](mailto:kontakt@omstella.se)  
Normal response time 2-4 working days

 Read more at [www.omstella.se](https://www.omstella.se)