

You have an important role as a union representative

Facing a transition is often associated with uncertainty, concern, and many questions. Omstella supports you in your role as a union representative before, during, and after your transition. Sitting in two chairs at the same time is not always easy. We will help you clarify how you in your role can relate to the different situations. With a deeper understanding of how the transition process work, it becomes more secure for everyone involved. We offer both **training sessions and presentations** about our organization and the support we can provide to you in your role as a union representative.

To book our training or request a presentation, you can contact us directly via email at kontakt@omstella.se. Regardless of your union role or the size of your union branch.



We warmly invite you to Omstella's tailor-made training

Through the training, you will be strengthened in your role as a union representative and gain theoretical knowledge and practical tools on how to facilitate dialogue with your members.

During the training, you will receive

- Knowledge of how you as a union representative can handle sitting in two chairs at the same time.
- Increased understanding of the different phases of involuntary change in order for you to better provide support to members and become more aware of your own reactions.
- Increased insights into how you can actively listen to the different needs of your members.
- Practical tools in how to respond to emotions and facilitate dialogue with members.

The training does not require any preparation from you.

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.

Contact us

- ☎ 010-182 11 20
Weekdays 10:00-12:00 & 13:00-15:00
- ✉ kontakt@omstella.se
Normal response time 2-4 working days
- 🌐 Read more at www.omstella.se