

We support you to take the next steps in your career

Being made redundant is often associated with concern but often, it can also mean new interesting opportunities. At Omstella we support you in your transition towards your new goal, regardless of whether you want to study, start your own business or look for a new job. With us, you can among other things, get advice, receive study and career guidance, as well as getting an opportunity for different financial support. The support is tailored to your unique situation and needs.



This happens when you have received a notice of dismissal:

- The first thing that happens after you have received news of your dismissal is that your employer will apply for transition support for you from Omstella.
- You will then receive an email from us where you must approve the information provided by your employer. You do this with the help of your BankID.
- Be sure to enter an email address where we will be able to contact you. If you are released from work and are no longer with the company, it is important that you provide your private email address.
- After this one of our advisors will contact you and you can start your journey towards a new employment.

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.

Support for you who have been made redundant

At Omstella, we support you throughout your journey towards a new employment. Being made redundant can initially feel difficult, it is good to get started with your support as soon as possible. You and your advisor tailor the support to you based on your specific circumstances and needs.

To receive our transition support, you must meet the following conditions:

- You are a white-collar worker
- You have worked an average of at least 16 hours/week during 12 months in the last 24 months
- You are being made redundant for at least 20% in your employment
- You have been dismissed due to work shortage, or personal reasons such as illness, or
- Your fixed-term employment has expired or will expire

Our support includes expert advice, study and career guidance as well as various types of financial support.



Expert advice

Your advisor will help you evaluate your competencies and skills. Together, you explore different paths to a new employment, and you get support throughout the process. Examples of what your advisor can help you with are CV, cover letters, interviews and presentation techniques as well as analyzing your particular job market. If you want to start your own business, you will get guidance through that process. We also have extended support for ill health, where you can, for example, receive support from a psychologist or therapist to move forward in working life.

Study and career guidance

Together with a study and career counsellor, you will receive guidance on education and courses that suit your interests and goals. The purpose of the studies should 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. You can also get help with validation of your skills.

Financial support

To facilitate your next step in working life, there are different types of financial support. We have student support for both shorter courses and longer courses. There is also support that can supplement your unemployment insurance fund. All financial aid is conditional, and you can read more on our website if you meet the conditions to apply.

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