

**Studying full-time to become a certified stress therapist. Seeking part-time employment in promoting mental well-being among adults and young adults.**

**Language: SWE, ENG**

**Location: Pietarsaari region or distance**

**Dream job: "I want to work with people. Preventing mental health issues is something I'm deeply passionate about".**

With a holistic view of the individual, this candidate is inspired to learn about and practice different methods in working with mental health promotion. This candidate possesses strong educational qualifications and an exceptional visual memory. They excel in organized and detailed communication, demonstrating the ability to explain complex concepts effectively and wholeheartedly. The candidate's standout talent lies in identifying societal issues and effectively communicating opinions that contribute to a better future. Motivated by these abilities, they are driven to work in promoting mental health among adults.

**Values:**

Open and honest communication, loyalty and fellowship at work.

**Personality analysis:**

This is a candidate who is educational and possesses an extremely good visual memory. They are organized and structured in their communication, and can explain even more complex concepts in detail. They have a fantastic ability to identify what needs correction in society for increased well-being, combined with a strength to see and communicate opinions and concepts that lead humanity towards a better future. Due to these abilities, this candidate is motivated to work in the promotion of mental health among adults.

They need to be their own boss in a job but also want to be part of something larger and serve a greater purpose. This is an independent person who wants to work hard at their own pace. Having the freedom to determine when they are done with a task for the moment or switch between different tasks is beneficial for them. This individual has a strong inherent potential to develop patience and inner calm that enables focus. Despite experiencing work-related stress, the candidate has an inherent potential for patience and inner calm. In a harmonious state, they

can bring calmness to others and positively influence those around them. Finding something enjoyable to focus on brings out this quality in them. Stress, misplaced focus, and a dysfunctional work environment have a negative impact on this person, who is strongly affected by the environment they are in.

In interactions and communication, this candidate is someone who can easily talk to many different kinds of people. They get along easily with most individuals and can subtly adjust their own identity to match the person they are interacting with.

This candidate is adept at sensing shifts in other people's emotional states, and they easily understand how others feel. With their empathetic approach, they are fantastic at reflecting emotions back to others. However, dealing with others' emotions throughout an entire workday can become overwhelming. Breaks between human interactions do good!

**Strengths:**

Organized, problem solver, leadership abilities, educational, empathetic, self going.

**Experience:**

Twelve years of experience working with children under the age of 6 years in kindergartens. Out of service since October 2023 to study.

**Education:**

Ongoing - certified stress therapist.

Pedagogy Bachelor in Early Childhood Education.

**If you are looking for a self-directed part-time worker for a project related to promoting mental health or reinforcement for your HR team, this could definitely be the right person for your team!**

**Call or email Elin at [elin@lissn.fi](mailto:elin@lissn.fi) for more information and inquiries about this talent.**