

Career consultations

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The aim of career consultations is to provide assistance to the unemployed, job seekers and people at risk of unemployment in determining professional compatibility, planning career and retraining in correspondence with the Support for Unemployed Persons and Persons Seeking Employment Law.

State Employment Agency provides:

- individual career consultations;

- group career consultations.

During a career consultation the professional compatibility and aptitude for training is determined before deciding on further courses and retraining measures. The task of the career consultant is to provide customer with psychological support and information on choosing and planning a career.

State Employment Agency provides the following types of career services:

- individual career consultation;

- individual diagnostic consultation;

- group career consultation;

- informative group career consultation.

Ask for additional information on the most suitable type of career service in the nearest [Local Employment Office of SEA](#).

<https://www.nva.gov.lv/en/career-consultations>