



**Trygghetsstiftelsen**  
Welcome to Trygghetsstiftelsen

## About us

*Trygghetsstiftelsen is the employment organisation within public sector employment. When a state employee's position is terminated due to lack of work, Trygghetsstiftelsen provides support in finding a new position or other solution and helps to avoid unemployment. Trygghetsstiftelsen also provides assistance when an employee declines the option of remaining with an employer that is relocating or when a fixed-term position expires. The support provided is dependent on the employee themselves actively seeking work. It is also adapted to the needs of the individual and based on their current line of work. In this pamphlet, you can read about the support that Trygghetsstiftelsen provides for its customers.*

### The fastest route to a new job

As soon as the employer has registered a laid-off employee with Trygghetsstiftelsen, we can schedule an appointment for a meeting between the employee, who we call the customer, and one of the foundation's advisers.

Together, they will review the customer's professional experience, educational background, current situation and thoughts about the future. They will also discuss how Trygghetsstiftelsen can help get the customer back into employment quickly.



5

**Step 5**  
A new job or other solution



4

**Step 4**  
Follow-up with the advisor

2

**Step 2**  
Initial meeting  
between the customer  
and the advisor – the  
planning meeting

3

**Step 3**  
Job-seeker activities based  
on the customer's needs



1

**Step 1**  
Registration by Trygghetsstiftelsen

## **Trygghetsstiftelsen can provide many different kinds of support**

We can offer our customers a wide range of job-seeker activities that they can use to find a new job or other solution.

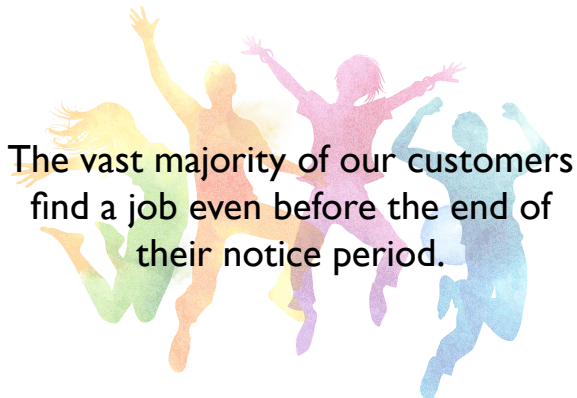
- Job coaching
- Skills development
- Seminars and webinars, such as LinkedIn, application documents, describing your expertise and spontaneous applications.
- Starting self-coaching
- Trygghetsstiftelsen's recruitment service
- Travelling to interviews and seminars

Most of those who have taken part in our activities say that it has helped them find a new job or successfully set up and run their own company.

The aim of these activities is for the job-seeker to:

- draw up a well-structured action plan with a timescale
- increase their self-knowledge and pinpoint the type of jobs they should apply for
- be able to describe their skills and produce well-written application documents
- be able to market themselves to new employees, e.g. at job interviews
- acquire valuable knowledge about the job market and the recruitment process
- learn to make effective use of their network of contacts.





The vast majority of our customers  
find a job even before the end of  
their notice period.

### **Who can use our services?**

Employees on both fixed-term and temporary contracts can make use of the job-seekers agreement. Employees also have access to the services provided under the agreement in case of voluntary departure and relocation. Employees on temporary contracts must have at least two years' continuous employment with the same state employer. The length of the temporary employment determines what support is available to the employee. It is the employer who registers individual employees to Trygghetsstiftelsen.

If an employee is laid off due to lack of work after at least 12 months' employment, they will be entitled to a planning talk, individual job-seeking measures and financial support.

Employees on temporary contracts that have come to an end after at least six years' employment are entitled to a planning talk, individual job-seeking measures and financial support

Employees on temporary contracts that have come to an end after at least three years' employment are entitled to a planning talk, individual job-seeking measures and A-kassa supplement for 44 A-kassa days.

Employees on temporary contracts that have come to an end after at least two years' employment are entitled to a planning talk and six days of job-seeking support.

### **A difficult time**

For most of us, work is an important part of our lives. Work doesn't just provide financial security – it also boosts a person's self-esteem and, in particular, provides opportunities for social interaction. When someone has been made redundant, it may take some time to process and adjust to the new situation. But changes can also ultimately open doors to new ideas, contacts and opportunities, and once you have got through the initial phase, most people find that they have benefited from both professional and personal development. Support from those around you is extremely important, so make sure you tell others about your situation and accept help from people you know, including your advisor at Trygghetsstiftelsen.


### **It'll be fine!**

Fortunately, it will work out fine. Most of Trygghetsstiftelsen's customers soon find a new job. Experience also shows that the sooner you make a start, the sooner you find a new job.

 Trygghetsstiftelsen was good at giving a sense of assurance that things would work out.

You need to have the impetus, you have to want to succeed. And if you do, having support gives you more energy.



 The fact that someone was there to deal with a rather emotional situation.

## About Trygghetsstiftelsen

Our goal is to do whatever we can to prevent state employees from becoming unemployed. We are able to offer useful support and broad expertise through our offices in Malmö, Gothenburg and Stockholm.

Trygghetsstiftelsen was established in 1990 by employers and employee associations in the state employment sector. Our work is financed by annual fees paid by all government agencies based on a percentage of their employees' salaries.



[www.tsn.se](http://www.tsn.se)

[www.linkedin.com/company/trygghetsstiftelsen](https://www.linkedin.com/company/trygghetsstiftelsen)

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