



Life Success Strategies

York Region

**Take control and
get empowered**

Three-week program



Are you a York Region resident:

Looking to advance your skills?

**Exploring career opportunities
available to you?**

**Interested in increasing your
self confidence?**

Join us, we can help!

**This 3-week program offers individual
coaching and group workshops including:**

- Motivation and Self-Esteem
- Success Strategies for Canadian Workplace
- Goal Setting and Action Plan
- Effective Communication Skills
- Self-Marketing Techniques
- Job Search Strategies & Networking
- Career Exploration & Skills Assessment
- Stress Management
- Community Resources

**Certificate awarded upon successful
completion**

Workshop now available online

June 2023

Monday to Friday

10:00 am - 12:00 pm

Services are provided at no cost.

**For more information or
to register for a session:**

Call: 905-669-5627

Email: Tushita.Majumdar@costi.org

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