



Life Success Strategies York Region

TAKE CONTROL, GET EMPOWERED!

THREE-WEEK PROGRAM



Are you:

Looking to increase self confidence?
Exploring career opportunities?
A York Region resident?

We can help!

**THIS THREE-WEEK PROGRAM OFFERS
INDIVIDUAL COACHING AND GROUP
WORKSHOPS INCLUDING:**

- Building Confidence
- Personal Budgeting
- Stress Management
- Effective Communication
- Career Exploration
- Job Search Strategies

**A CERTIFICATE OF COMPLETION
AWARDED TO ALL GRADUATES**

Workshop now available online

May 4–22, 2020

Monday to Friday

Start time: 10:00 am

Services are provided at no cost.

For more information or
to register:

289-843-3214

amy.cheung@costi.org

costi.org

@COSTI_org



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