



Life Success Strategies

York Region

TAKE CONTROL, GET EMPOWERED!

THREE-WEEK PROGRAM



A York Region resident?

**Looking to advancing your skills
while at home?**

**Explore Career Opportunities and
Increase Your Self-Confidence**

Please join us! We can help!

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

- Increase Your Self-Confidence while at home
- Goal Setting
- Stress Management
- Effective Communication
- Career Exploration
- Job Search Strategies
- Community Resources
- Enhance résumé that will get you an interview
- Networking & Hidden Job Market
- Things you should know as a career planner job seeker

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

Workshop now available online!

October 5–23, 2020

Monday to Friday

10:00 am-12:00 pm

Services are provided at no cost.

**For more information or
to register:**

Call: 289-843-3214

Email: Amy.Cheung@costi.org

Online: [Click here](#)

costi.org

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