



# Life Success Strategies

York Region

Take control and get empowered

Three week program



**Are you a York Region resident:**

Looking to advancing 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 of Completion awarded upon successful completion**

**Workshop now available online**

**June 5 - 23, 2023**

**Monday to Friday**

**10:00 am -12:00 pm**

Services are provided at no cost.

For more information or to register for an session:

**Call: 905-669-5627**

**Email: [Tushita.Majumdar@costi.org](mailto:Tushita.Majumdar@costi.org)**

**Vaughan Employment Services**

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