



Life Success Strategies

York Region

Take Control and get Empowered

Free Three-Week Program



York Region Residents!

Looking to advance your skills?

Exploring career opportunities available to you?

Interested in increasing your self confidence?

Join us, we can help!

This FREE 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

September 25 - October 13, 2023

Monday to Friday

2 p.m. - 4 p.m.

Services provided at no cost

For more information or to register :

Call: 905-669-5627

Email: Tushita.Majumdar@costi.org

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