



Life Success Strategies

York Region

Take control and 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

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
- Build a résumé that will get you an interview
- Networking & hidden job market
- Career planner and job seeker

A certificate of completion awarded to all graduates

Workshop now available online

October 3—21, 2022

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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