



# 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 4 to 22, 2021**

**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**

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**Online: [Click here](#)**

**[costi.org](http://costi.org)**

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