



# 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 INCLUDING:**

- Increase Your Self-Confidence while at home
- Goal Setting
- Stress Management
- Effective Communication
- Career Exploration
- Job Search Strategies
- Community Resources
- 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:**

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

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

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