



Life Success Strategies

York Region

Take control and get empowered

Three-week program



Are you a York Region resident:

Looking to advance 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 awarded upon successful completion

Workshop now available online

8 - 25 August, 2023

Monday to Friday

10:00 am - 12:00 pm

Services are provided at no cost.

For more information or to register for a session:

Call: 905-669-5627

Email: Tushita.Majumdar@costi.org

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