

STEPS TO SUCCESS, LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



Manage Stress

Decision making

Motivation

Confidence building

Goal setting

**Are you lone parenting and currently
unemployed?**

**Do you need extra skills to make you more
work ready?**

If so come and join us for a FREE course!

Starts Wednesday 11th November for 8 weeks

10am to 12pm @ Killorglin Family Resource Centre

Please call Sarah Jane on 087-0640184 to find out more and reserve a place