

STEPS TO SUCCESS, LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



Manage Stress

Decision making

Confidence building

Motivation

Goal setting

**Are you lone parenting or unemployed &
looking for direction?**

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

If so come and join us for a FREE course!

Starts Thursday 11th February for 11 weeks

10am to 12pm @ SKDP, High St., Killarney

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