



# STEPS TO SUCCESS, LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



Manage Stress

Decision making

Confidence building

## Motivation

Goal setting

**Are you 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 Wednesday 7<sup>th</sup> September for 11 weeks**

**10am to 12pm @ Killorglin Family Resource Centre**

***Please call Sarah Jane on 087-0640184 or Mairead 087-9631935 to find out  
more and reserve a place***