

# STEPS TO SUCCESS, LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



#### **Manage Stress**

**Decision** making

Confidence building

**Goal setting** 

## <u>Are you unemployed & looking for</u> <u>direction?</u>

**Motivation** 

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

#### If so come and join us for a FREE course!

Starts Wednesday 1<sup>st</sup> March for 11 weeks

9.30 am to 11.30 am @ Maine Valley Family Resource Centre

Please call either Mairead on 087-9631935 or Mick on 066 9767 833/086 058 0019



or <u>mainevalleyfrc@eircom.net</u> to find out more and reserve a place



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