

# STEPS TO SUCCESS, LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



Manage Stress

Decision making

## Motivation

Confidence building

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 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 [mainevalleyfrc@eircom.net](mailto:mainevalleyfrc@eircom.net) to find out more and reserve  
a place

