

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 1st 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



The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.