

STEPS TO SUCCESS, LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



Manage Stress

Decision making

Motivation

Confidence building

Goal setting

Are you unemployed & looking for direction?

If so come and join us for a FREE course!

Starts Wednesday 21ST February for 11 weeks

10.00am to 12 @ Nagle Rice Community Centre, Milltown

***Please call either Mairead on 0879631935 or Marguerite on 066 9767 833/086
058 0019 to find out more and reserve a place***

