

Steps to Success

Life Coaching and Personal Development Course

- * Progression Planning
- * Manage Stress
- * Decision Making
- * Motivation
- * Confidence Building
- * Goal Setting



FREE COURSE

Begins 26th September 2019 at Killorglin Family Resource Centre

Every Thursday for 7 weeks from 10am to 1pm

Contact Mairead on 087 9631935 to find out more and reserve a place*

Registration Required.

*All participants must be in receipt of a qualifying social protection payment or must be the dependents of social welfare recipients and/or their families. Eg, Jobseekers allowance and Jobseekers Transition, Jobseekers Benefit, Blind Pension, Deserted Wife's Benefit, One Parent family Payment, Signing on for Credits, Carers Allowance



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