

# STEPS TO SUCCESS

## Life Coaching and Personal Development Course



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

### FREE COURSE ONLINE VIA ZOOM

Begins March 8<sup>th</sup> from 10am to 1pm. Every Monday for 7 weeks.  
Finishing April 26<sup>th</sup>.

Places are limited, Booking is essential. Please book by March 2<sup>nd</sup>.

Contact Mairead O'Sullivan at 087 9631935/ [mosullivan@skdp.net](mailto:mosullivan@skdp.net) to find out more and reserve a place.



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