



A TURNING POINT  
FOR WOMEN



## MANAGING YOUR CAREER IS IMPORTANT

The NEW WORLD OF WORK is a rapidly changing place filled with challenges and opportunities. We can no longer "go with the flow" and expect our employers to take care of us. We need to be proactive and plan what we want to achieve, where we want to go, and how to get there. Whether you are currently employed, planning a career change, or in a career transition, this program is for you.

The YWCA CAP PROGRAM is designed to increase awareness about your strengths, abilities and skills, and set an action plan to achieve your goals. It is packed with practical tips, tools and creative solutions. It provides you with the information and knowledge to proactively manage your career and work life.

### Who Should Attend

**Individuals who are:**

**Exploring** or not certain of their career direction;

**Dealing** with change, transition, or possible downsizing in their workplace;

**Investigating** different career options;

**Considering** starting their own business;

**Making** decisions about further education and training opportunities;

**Looking** for new opportunities in their work life.

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### Career Assessment and Planning Service

The CAP PROGRAM includes tests and tools to assess your personality, interests, values, skills and abilities.

A variety of instruments are used, including, inventories, self-assessments and standardized tests such as the Strong Interest Inventory, Myers-Briggs Type Indicator and Personality Dimension™.

You will form an extensive profile based on your results and create an action plan to manage your career path.

The program is offered by experienced career counsellors, who discuss labour market trends, interpret test results, and provide resources for follow-up research

### CAP Benefits You By:

- ▶ IMPROVING your understanding of what motivates you and the talents and skills you have to offer;
- ▶ INCREASING your confidence level;
- ▶ PREPARING you for today's transitional workplace;
- ▶ ASSISTING you to develop an action plan to meet your goals and manage your career;
- ▶ PROVIDING you with the tools to make more informed and suitable job and career decisions.

▶ \$550.00 for five hours of individual counselling  
By appointment. Flexible hours.