

Who Should Attend

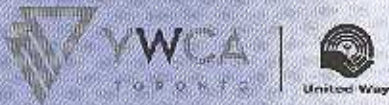
Individuals who are:

- > Exploring or not certain of their career direction
- > Dealing with change, transition or downsizing in their workplace
- > Investigating different career options
- > Considering starting their OWN businesses
- > Making decisions about further education and training opportunities
- > Looking for new opportunities in their work life.

"This is an excellent course in its content and form. I will recomend it to all my friends."

Hours

- > \$450.00 for five hours of individual counselling
- > Group sessions \$350.00 per person
- > By appointment
- > Flexible hours



CAREER Management Services



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CAREER Management Services



Managing Your Career

- > Managing your career is important. The new world of work is a rapidly changing place filled with challenges and opportunities.
- > The YWCA Career Assessment and Planning program increases your awareness about your strengths, abilities and skills. You will set an action plan to achieve your goals.

"I think the program is excellent. It touches on everything I need."

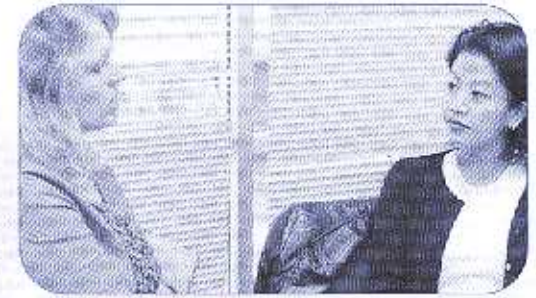
- > Whether you are currently employed, planning a career change or are in a career transition, this program is for you.
- > You will benefit from a curriculum packed with practical tips, tools and creative solutions.
- > You will gain the information and knowledge to manage your work life proactively.

Career Assessment and Planning Services

- > The YWCA Career Assessment and Planning program includes tests and tools to assess your personality, interests, values, skills and abilities.
- > A variety of self-assessment tools are used, including instruments and standardized inventories such as the SII, MBTI, Emotional Quotient Inventory and True Colors.
- > You will form an extensive profile based on your results and create an action plan to manage your career path.
- > We are experienced career counsellors who discuss labour market trends, interpret test results and provide resources for follow-up research.



CAP Benefits



- > Improve your understanding of what motivates you and what skills you have to offer
- > Increase your confidence level
- > Prepare yourself for today's transitional workplace
- > Gain support to manage your career
- > Develop an action plan to meet your goals
- > Acquire the tools to make more informed and suitable job and career decisions.

"Thank you for bringing inspiration to my destiny."