



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.

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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 True Colors™.

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.

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.

CAP Benefits You By:

- ▶ IMPROVING your understanding of what motivates you what 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