

LIFE SKILLS TRAINING SCHEDULE AND WORKSHOP SELECTION

TRAINING | COACHING | PUBLICATIONS

LIFE SKILLS COACH CERTIFICATE PHASE ONE	
5-day training program 9:00a.m. – 5:00p.m. Fee: \$1250.00	
Select date(s)	Training Dates
☐	Virtual via Zoom: October 1, 2 and 7, 8, 9, 2026
☐	In-person: November 23 - 27, 2026

LEADERSHIP THROUGH FACILITATION 101	
2-day training program 9:00a.m. – 5:00p.m. Fee: \$500.00	
Select date	Training Dates
☐	In-person: October 16 and 23, 2026

LIFE SKILLS COACH CERTIFICATE PHASE ONE (EVENING / WEEKEND FORMAT)	
6-day training program (delivered as two 3-day consecutive blocks) Friday: 6:00p.m. – 9:00p.m. Saturday: 9:00a.m. – 5:00p.m. Sunday: 9:00a.m. – 12:00p.m. Fee: \$1250.00	
Select date	Training Dates
☐	In-person: November 6, 7, 8 and 13, 14 and 15, 2026

LIFE SKILLS COACH CERTIFICATE PHASE TWO (EVENING / WEEKEND FORMAT)	
6-day training program (delivered as two 3-day consecutive blocks) Friday: 6:00p.m. – 9:00p.m. Saturday: 9:00a.m. – 5:00p.m. Sunday: 9:00a.m. – 12:00p.m. Fee: \$1250.00	
Select date	Training Dates
☐	In-person: TBD in early 2027

FREE LIFE SKILLS REFRESHER WORKSHOP: THE ELUSIVE CONCEPT OF SKILLS AS BEHAVIOURS	
1-day training program; 9:30a.m. – 1:00p.m. Fee: No Cost	
Select date	Training Date
☐	Virtual via Zoom: October 15, 2026 In this session, you will have the opportunity to revisit the cornerstone of the Life Skills Coaching experiential approach to learning. By the end of the workshop, you will: - Review how experiential skills building can lead to behavioural change. - Revisit how breaking down obstacles into "do-able skills" can help clients problem-solve life's daily challenges. - Practice coaching questions to guide clients into becoming balanced self-determined individuals.

Please note: Virtual training is conducted via Zoom, while in-person training takes place at our Toronto office located at 3090 Kingston Road, Toronto, ON.

Registration Form

Complete the form below according to your course selection.

Please **EMAIL** us at lifeskills@ywcatoronto.org or call 416.269.0091 ext. 231 to register.

OR MAIL to 3090 Kingston Rd, 3rd Floor, Toronto, ON, M1M 1P2

TRAINING PROGRAM	FEE	TRAINING LOCATION	TRAINING DATES
Life Skills Coach Phase 1			
Life Skills Coach Phase 2			
Leadership through Facilitation 101			
Subtotal:		Thank you for choosing YWCA Toronto!	
Promo Code (if available):			
Total Payable \$:			

METHOD OF PAYMENT DATE OF PAYMENT (DD/MM/YYYY) CREDIT CARD # EXP DATE CARDHOLDER NAME CVV CARDHOLDER SIGNATURE PURCHASE ORDER # MUST ATTACH PURCHASE ORDER WITH BILLING INFORMATION ORGANIZATION NAME AUTHORIZATION NAME EMAIL ADDRESS TO SEND INVOICE OR RECEIPT 	PARTICIPANT INFORMATION PARTICIPANT NAME BILLING ADDRESS CITY PROVINCE POSTAL CODE COUNTRY PHONE # CELL # PARTICIPANT EMAIL
--	--

Payment will be processed 4 weeks prior to start date. Registration confirmation and receipt will be sent by email.

HOW DID YOU HEAR ABOUT OUR PROGRAMS?

- ☐ Word of mouth referral
 ☐ Caseworker
 ☐ Used YWCA Services
 ☐ Brochure / Flyer
☐ Newspaper
 ☐ YWCA Website
 ☐ Internet Search
 ☐ Email / YWCA Newsletter
☐ Community Event
 ☐ Other _____

CANCELLATION AND REFUND POLICY

There is a \$100.00 administrative fee for cancelling your registration no less than 10 working days prior to the start date.

There is a charge of 25% of course fee for cancelling less than 10 days prior to start date of the training.

There is a \$60.00 administrative fee for transferring your registration no less than 10 working days prior to the start date.

There are no refunds for cancellation on, or after, the start date of the program.

In the unlikely event that we cancel a course or workshop you will be notified 10 days prior to the start date.

FOR FURTHER INFORMATION please phone: 416.269.0091 x231

Special offers cannot be combined with any other offer from YWCA Toronto.

Any training program or course purchased during a calendar year must be completed by the end of that same year.

YWCA Toronto respects your privacy and adheres to all legislative requirements with respect to protecting privacy. We use your personal information for registration purposes, to process publication orders and keep you informed of other events, programs and fundraising opportunities in support of YWCA Toronto. If at any time you wish to be removed from our list, please notify us in writing.