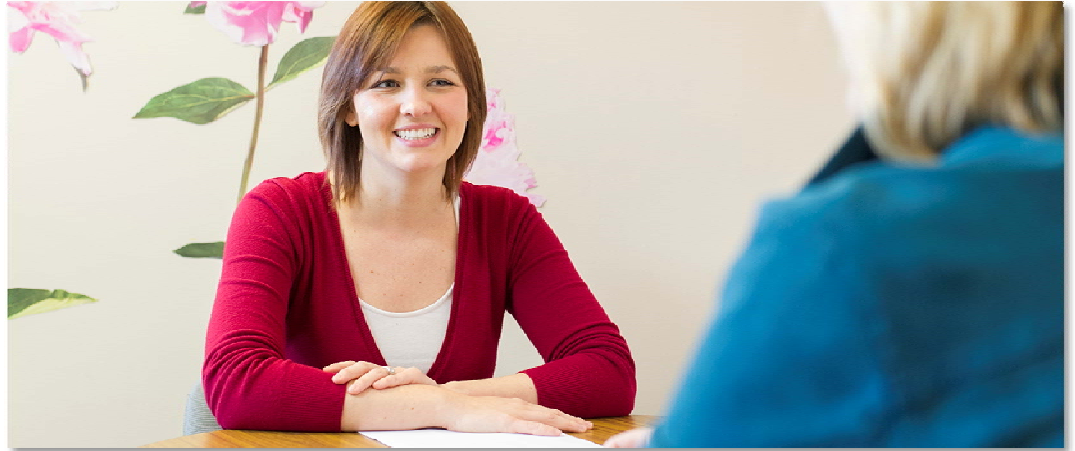


MY LIFE, MY SAY WORKSHOP SERIES

Helping Women and Young Women Create Sustainable Futures

“I know what I need to do now to reach my goals – there are many supports to help me get there.”

— Jessica, My Life, My Say program participant



Free one-day workshops

A dynamic series of free workshops that prepares women and young women for today's demanding labour market and provides strategies to help build sustainable futures.

IN THIS SERIES:

Building Blocks for a Sustainable Future: Introduction to Asset Mapping

Participants will identify their current assets, expand their definition of assets and learn how to develop a plan for increasing their assets so they can work towards an economically and socially stable future.

Personality Dimensions

Participants will identify their natural strengths and preferences and examine occupational choices according to their defined personality traits. Participants will also increase their understanding of others in the workplace.

Financial Literacy

Participants will learn effective budgeting and saving tips. Designed specifically for those with a limited income.

Essential Skills for Employment

Participants will be provided with an introduction to the nine essential skills for employment and the value of essential skills in the job search process.

It's *Your Life, Your Say* – let YWCA Toronto help you create your sustainable future!

YWCA Toronto, 3090 Kingston Rd (at McCowan Rd), Suite 300, Scarborough

For more information and to register, please call **416.269.0091 x231** or **ywcatrainingcentre@ywcatoronto.org**.



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