

Confidence Building Workshop



Women's Employment Outreach

Valuing Women ~ Working for Change

Location- Dates - Times

Job Junction

6950 Mumford Rd, Halifax

Feb 7, 14, & 21

(Tuesdays, 9:30-12:00)

Call 443-9569 to register

This 3-part workshop will cover:

- ♦ Defining & Understanding Confidence
- ♦ Tips for Dealing with Our Inner Critic
- ♦ Assertive Communication Strategies
- ♦ Techniques for Increasing Confidence

Assistance with child care & bus tickets
available upon request

For more information, contact WEO at 422-8023

Women's Employment Outreach is funded through the Canada-Nova Scotia Labour Market Development Agreement under the direction of Employment Nova Scotia, and sponsored by the Women's Employment and Advocacy Society.