Personal Growth

A grouping of course material to help support you in the achievement of your goals.

Select the courses that fit your needs!

- **Goal Setting**
  Ponder your dreams, consider your values and talents, and examine your needs, commitments, and challenges. Discovering your goals is a giant step towards reaching your potential in life and work.

- **Maintaining Healthy Self Esteem**
  Healthy self-esteem is something we all work on over our lifetime. In this course you will develop methods for increasing your self-esteem and maintaining it through times of stress. Learn tips on keeping your self-esteem intact while navigating the sometimes rough waters of life, on and off the job!

- **Self Exploration – Dream Career**
  Understand the difference between a job and a career, identify current skills and knowledge, learn about barriers to employment and identify a dream career.

- **Self Exploration – My Role Models**
  Explore the qualities of a good role model, your own personal qualities and what you want to work on to be a good role model.

- **Self Exploration – How I communicate in Different Places**
  Understand how different generations communicate and the key factors in effective communication. Feel more comfortable communicating in a group setting and begin to understand how to improve your communication skills.

- **Self Exploration – Examining My Online Identity and Digital Media Use**
  Learn about your online identity, discuss how to protect yourself online and the use of digital devices and media in your life.

- **Creative Writing—Telling your Story**
  Through a series of fun writing exercises and inspirational readings, you’ll remember (or discover) how much fun Creative Writing can be!

The Centre for Employment & Learning
1.844.470.7877 • info.learninghub@gmail.com • www.learninghub.ca