

LIFE & WORK SKILLS SUCCESS PROGRAM



These positive and interactive sessions are for: youth and adults who are seeking positive change in their personal lives, while also seeking new careers, business ventures or education.

We are committed to helping First Nations People of Canada take their place in Canada's future; these sessions can be tailored to meet the needs and timelines of participants. They are designed to inspire and equip participants to develop and achieve personal goals. Participants will explore, discuss and gather information about themselves, their interests and the personal life direction they would like to pursue, as well as life paths never considered before!

TOPICS COVERED IN THIS SAFE **INTERACTIVE 5 DAY SESSION** ARE:

- ✦ Discover Your Unique Personality Type
- ✦ Choice Theory & happiness
- ✦ Your Learning Style
- ✦ The 5 Agreements
- ✦ Effective Communication Techniques
- ✦ Core Values
- ✦ The 7 Teachings
- ✦ 6 Pillars of Self-esteem
- ✦ Let's Talk About Your 3 P's
– Passion , Purpose and Power
- ✦ Foundations for Success
- ✦ Self-discovery
- ✦ 7 Habits of Highly Successful People
- ✦ Why Do People Work?
- ✦ Interviews
- ✦ Intention
- ✦ Problem Solving
- ✦ Goal Setting
- ✦ Motivation
- ✦ Build Your Own Personal Board of Directors
- ✦ How To Make Good Habits Stick
- ✦ Transferrable Skills
- ✦ How To Read A Job Posting
- ✦ Anatomy Of An Ideal Job
- ✦ Building Your Career
- ✦ Resumes & Cover letters

**PROUDLY CREATED BY FIRST NATIONS
FOR FIRST NATIONS**

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