

# If you're:

A high school, college, or university student

A recent graduate

Someone looking for a career change

Someone facing a major life transition

Someone returning to the workforce

## Mission:

The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

## Vision:

Our communities will be home to the healthiest children, teens and young adults.

## Values:

Caring • Health • Honesty •  
Inclusiveness • Respect •  
Responsibility

# MAP YOUR FUTURE



Call 416-928-3362

E xt 22609

[ymcagta.org/assessmentservices](http://ymcagta.org/assessmentservices)

## Explore, Plan & Discover



2200 Yonge Street,  
Unit 219 Toronto, ON  
M4S 2C6

Your YMCA's charitable registration  
number is: 11930 7080 RR0001



Career Planning &  
Development Program

**THIS WAY** →

## The YMCA's Career Planning & Development Program includes:

- One-on-one counselling in a confidential, friendly, and accepting atmosphere.

- Detailed interpretation of results to help you to learn more about yourself and plan your future.

- Insight into your unique abilities through specific assessment tools such as the Myers-Briggs Type Indicator, Strong Interest Inventory, and Emotional Quotient (EQ) Inventory.

- Follow-up sessions for ongoing support and guidance.

**YOU CAN** ↓

- **Attain greater self awareness**

Career counselling provides realistic appraisals

- **Achieve personal growth**

Testing tools and resources uncover hidden strengths and challenges

- **Find job satisfaction**

Job planning matches what you value with what you do

- **Face change and complexity with confidence**

Career programs clarify choices

“I was lost and didn't know where to begin. Thanks to the YMCA's Career Planning & Development Program, I have a better sense of direction and tools to help me find my next career.”

– **Rob, Career Explorer**

Book your no-obligation information session today. Begin your journey now!

**416-928-3362**  
**ext. 22609**

**CAREERS AHEAD** ↑