If you're:

NORTH

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:

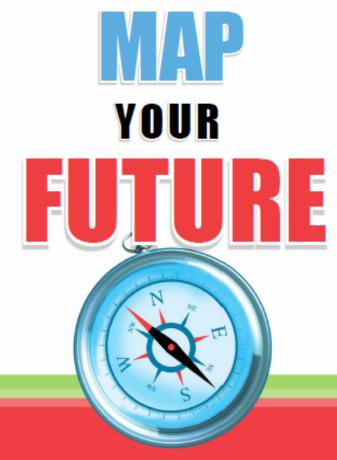
The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

Vision:

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

Values:

Caring . Health . Honesty . Inclusiveness • Respect • Responsibility

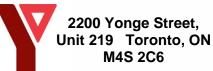


Call 416-928-3362

E xt 22609

ymcagta.org/assessmentservices

Explore, Plan & Discover



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 1