



**Feeling Stressed?
Want help managing your time?
Need skills to gain and maintain employment?
Get to know yourself and concentrate on YOUR potential.
Come learn the **Power of YOU!****

Tools for Employment and Education Success

North Everett Location

November 28 – December 9, 2016
Mt. Bakerview Apartments Classroom
3210 18th Street
Everett, WA 98201

Lynnwood Location

December 5 – 16, 2016
EdCC Gateway Hall #103
6600 196th Street SW
Lynnwood, WA 98036

Monday - Friday: 9:00 am - 1:00 pm

Week 1:

- Dealing with Change
- Creating Habits of Success
- Self-Awareness
- Managing Fear

"This course has done a lot for me, it's exactly what I needed to be able to change my life in positive ways.... opened up all new perspectives for my live."

"I love how the instructor.... gives life examples of what she has been through."

"A lot of really good info and tools I'll be able to use in real life and employment."

Week 2:

- Self-Efficacy
- Time Management
- Goal Setting
- Parenting
- Customer Service
- Money Management Basics
- Conflict Management
- Working with Difficult People
- Workplace Strategies
- Benefit Basics

Imagine the Possibilities

**Tuition Paid by State, Federal, Community Grants and Contracts
No Qualifications Required**

**CALL Today to reserve your seat 425-640-1451
Or email: penny.robins@email.edcc.edu**

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