



Pathways Programme

Are you out of work at the moment or working at something that is not fulfilling?

“Pathways” is a new programme developed for job seekers to help you discover a career that is built on your strengths.

Over 4 sessions you will have an opportunity to examine the pathways that exist at the moment to create a fulfilling career and also create new pathways.

Discovering our Personal Resilience

Creating and Achieving Goals.

Going from Ideas to Decisions to Actions to Results

Get a one-to-one Life & Career Coaching Session.

Discover the Importance of Networking.

Get Social Media working for you

Communicating with Confidence

Le Chéile Family Resource Centre,

Tucker Street, Castlebar, Co. Mayo

Wednesday mornings 10.00am to 12.30pm

Wednesday May 30th – Wednesday June 20th (4 sessions)

Cost: once off booking fee €5.00 to Le Chéile FRC, Castlebar

TO BOOK A PLACE. EMAIL info@newparadigms.ie or call (094) 9067080 / sms (087) 2254698

This Project is supported by [Le Chéile Family](#) Resource Centre, Castlebar and [South West Mayo Development Company](#)



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