

# Personal Growth



Connect to get your goals in gear!

A grouping of course material to help support you in the achievement of your goals.

**Select the courses that fit your needs!**

◆ **Goal Setting**

Ponder your dreams, consider your values and talents, and examine your needs, commitments, and challenges. Discovering your goals is a giant step towards reaching your potential in life and work.

◆ **Maintaining Healthy Self Esteem**

Healthy self-esteem is something we all work on over our lifetime. In this course you will develop methods for increasing your self-esteem and maintaining it through times of stress. Learn tips on keeping your self-esteem intact while navigating the sometimes rough waters of life, on and off the job!

◆ **Self Exploration – Dream Career**

Understand the difference between a job and a career, identify current skills and knowledge, learn about barriers to employment and identify a dream career.

◆ **Self Exploration – My Role Models**

Explore the qualities of a good role model, your own personal qualities and what you want to work on to be a good role model.

◆ **Self Exploration – How I communicate in Different Places**

Understand how different generations communicate and the key factors in effective communication. Feel more comfortable communicating in a group setting and begin to understand how to improve your communication skills.

◆ **Self Exploration – Examining My Online Identity and Digital Media Use**

Learn about your online identity, discuss how to protect yourself online and the use of digital devices and media in your life.

◆ **Creative Writing—Telling your Story**

Through a series of fun writing exercises and inspirational readings, you'll remember (or discover) how much fun Creative Writing can be!



**FREE**

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TRAINING**

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**[www.learninghub.ca](http://www.learninghub.ca)**



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