

SKILLS FOR LIFE & LEARNING

These online workshops will help you become more confident and build the skills that will support you as a lifelong learner!

Workshop schedule:

- January 17: Personal change
- January 24: Building self-confidence and self-esteem
- January 31: Communication Skills
- February 7: Relationships, boundaries, and resolving conflict
- February 14: Decision making and problem solving
- February 28: Goal setting
- March 7: Time management
- March 14: Study skills
- March 21: Finding a healthy life balance

When: January 17 – March 21
Mondays (except February 21st)
1:00 pm – 2:30 pm

Where: Online

**Participants will get printed workbooks to support their learning.*

Cost: \$5.00 per session up to a maximum of \$30.00.

**We can help you with tuition and technology. Call to learn more.*

To Register:

Online: <https://adultlearning.norquest.ca/programs-for-adultlearners.aspx#SkillsforLifeandLearning>

Email: calp@norquest.ca

Call: 780-778-3691

