



# WorkStrides

Career Development Workshop



## Session Topics

- Interests, aptitudes, values
- Identify barriers to employment
- Effectively coping with change
- Self-esteem
- Attitude (Yeah? What about it?)
- Decision making
- Vocational goal setting
- Resilience

The next class is:

**December 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup>**

*Each class is 3 days ~ 9:00 am to 4:00 pm  
(must commit to attending all three days, on  
your own for lunch. We keep the room open if  
you bring a sack lunch)*

**TO SIGN UP, CONTACT:**

**Kris Mecko**

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**425.737.5582**



**Verbalize your strengths**

**Create S.M.A.R.T. goals**

**Create a Personal  
Summary to share with  
your employment  
professional**

**Increase your confidence  
during job interviews**

**The Pacific Building**

**Village Community Services**

**3210 Smokey Point Dr. Suite 104**

**Arlington, WA 98223**

**Classes will be offered monthly, please plan on  
attending all three days.**