



**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

Everett Location

May 2 – 13, 2016

June 13 – 24, 2016

Mt. Bakerview Apartments Classroom
3210 18th Street
Everett, WA 98201

Lynnwood Location

May 9 - 20, 2016

June 20 – July 1, 2016

EdCC Gateway Hall
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."**

"Eye opener...basic tools to have in life...I enjoyed the class."

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