

CONFIDENCE CLARITY CARE

FREE
WORKSHOP

The Confidence Clarity Care Program offers 8 FREE workshops for young women, non-binary and those identifying as women aged 15-18 who want to build their confidence and take that next step towards getting a job.

Gain the confidence and clarity you need to get job ready!

Learn in a safe, supportive, and caring environment and feel ready to apply for a job and go for an interview!

Option of one to one coaching and mentoring session available. If this is of interest, please email mlycc.manager@ywca-canberra.org.au



TUESDAY - FRIDAY
8 OCTOBER TO 11 OCTOBER



10:00AM - 2:30PM
LUNCH PROVIDED



**MURA LANYON YOUTH AND COMMUNITY
CENTRE (MLYCC)**
22 SIDNEY NOLAN ST, CONDER ACT 2906

- Get job ready
- Get computer skills
- Build your confidence
- Work with others
- Dress for success
- Self-care
- Apply for the job

Click or
scan
here!

Workshop Topics

Welcome

- Introduction
- Get to know each other
- Learning styles

Building Your Confidence

- What is Confidence?
- Imposter Syndrome
- 'Fake it til you make it' mindset

Essential skills for Work/Study

- Teamwork
- Communication
- Problem solving
- Negotiation

Computer Skills

- Microsoft Word
- Excel
- Outlook

Self Care

- Positive thinking
- De-Stressing techniques
- Mindfulness/meditation techniques

Getting that Job

- Resume
- Cover letter
- Interview
- Job search

Work and Money

- Cost associated with working
- Understanding your money spending style
- Updating budget before starting a new job
- SMART goals with money

Dress for Success

- Professional dressing for interviews
- Dress code
- What's your style

[Confidence, Clarity and
Care Application Form](#)



YWCA
CANBERRA

To find out more and register for these free workshops,
email mlycc.manager@ywca-canberra.org.au or call 02
6185 2090

The Skills Training Initiative is funded by:



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Government