

When your life needs to change,
you need a place to turn.

That place is **New Directions**.

Discover the new you and join us for *Career SOS*, a special 10-day version of our signature program designed exclusively for women in career transition.

For the first time, this program will be brought to **Worthington** and offered to surrounding area residents at the **Worthington Resource Pantry**.

Don't miss this opportunity to learn how to live fully and freely, and become the woman you want to be.

April 3rd – 14th, 2017

Weekdays from 9am – 3pm

6700 Huntley Road, Columbus OH, 43229

A sliding fee scale, transportation and child care assistance, and incentives are available to all participants.



TOPICS INCLUDE

MAKING TIME FOR SELF & SELF CARE

DEFINING SUCCESS IN YOUR CAREER

IDENTIFYING CAREER VALUES

PERSONALITY, SKILLS & INTERESTS
ASSESSMENTS

SELF ESTEEM & SELF COMPASSION

ASSERTIVE COMMUNICATION
& BOUNDARIES

EXPLORING CAREER RESOURCES

RESUME WRITING

GOAL SETTING &
OVERCOMING BARRIERS

SELF - MARKETING

INTERVIEWING

NETWORKING

INFORMATIONAL INTERVIEWS

LINKEDIN

CREATING YOUR PLAN FOR CHANGE

PRIOR REGISTRATION

IS REQUIRED

PLEASE CONTACT US AT

614-849-0028