

Join Us!

at the
Darien/Norwalk YWCA
Technology Training Center
49 Old Kings Highway North
Darien, CT

DISCUSSION/SUPPORT GROUP

Meets weekly

COMPUTER TRAINING

Meets weekly
Computer practice time available



INDIVIDUAL SESSIONS

By appointment

* * *

There is a nominal fee for the services provided by the New Directions Program. A flexible sliding fee scale is available for those who have financial constraints.

* * *

Directions to the YWCA:



From North: I-95 to Exit 13. At end of exit ramp, turn left onto U.S. 1. Go to second traffic light, Brookside Drive, and turn left. At the end of the street, you will come to a stop sign, go straight onto Pine Brook Lane. The YWCA's parking lot will be on the right.

From South: I-95 to Exit 13. At end of exit ramp, turn left onto U.S. 1. Go to second traffic light and turn left onto Brookside Drive. At the end of the street, you will come to a stop sign, go straight onto Pine Brook Lane. The YWCA's parking lot will be on the right.

eliminating racism
empowering women

ywca

darien

To Do List:

Call
NEW DIRECTIONS

New Directions Program

**For women
entering or re-
entering the
workforce**

203-655-2535

49 Old Kings Highway N.
Darien, CT 06820
Fax: (203) 655-9137

<http://www.ywcadarien-norwalk.org>





Time to get back to work

Circumstances in your life have been altered and you now have to get a job and move forward in your life.

Perhaps you haven't been employed in years or you have never had a job outside of your home. Perhaps you feel afraid, sad, alone, overwhelmed and don't know where to turn. You have strengths and skills that you have used in managing your home and in your life that are valued in today's workforce.

How do you piece it all together and find that job?

New Directions can help with a 3-part plan: **support group/workshops; computer and office skills training; individual coaching in job-search process.**

New Directions will help you...

- ✓ Identify your strengths, skills and values and how they apply to your career satisfaction.
- ✓ Explore career options.
- ✓ Enhance your networking, job posting, resume writing and interviewing skills.
- ✓ Set goals and plan your next steps.
- ✓ Gain skills in computer applications and office procedures.
- ✓ Understand and appreciate how your personality type affects your behaviors and what motivates you through assessment indicators.
- ✓ Discuss career and life concerns in a confidential and supportive environment.



3 part plan:

- ✓ **Weekly support group** facilitated by a personal life coach with topics related to the job search process, increasing self-confidence, and enhancing life skills (i.e. managing stress, time management, communication, and budgeting, etc.).
- ✓ **Computer training**, by a qualified professional, in Microsoft Office applications (Word, Excel and PowerPoint), keyboarding and business office practices at the YWCA Technology Training Center.
- ✓ Six one-hour **individualized coaching sessions** focused on your resume and job search.

