# New Opportunities for Women

## Course Outline

### Description:
It's all about YOU! Learning about yourself is the first step in achieving a positive and meaningful life. Discover your skills and enhance your opportunities by finding your purpose. Explore your personal educational and workplace options. Build your self worth in a supportive environment. This is a great investment of your time and energy!

### Participant Benefits:
- Extend your personal network
- Explore healthy models of being a woman in a changing world balancing various family and work related roles
- Gain self awareness and value self
- Clarify life goals and directions
- Define your purpose and set realistic and a practical action plan

## Week Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Content</th>
</tr>
</thead>
</table>
| 1    | Stepping Out:  
You can do it – the winning formula  
What do I really want? |
| 2    | Life experience counts  
Your Window of Opportunity  
My needs and interests |
| 3    | Women’s Issues  
Values assessment |
| 4    | Hidden skills and abilities  
Identifying transferable skills  
Juggling priorities |
| 5    | Time management  
Motivation and self management  
Relaxation techniques |
| 6    | Pathways:  
Interests  
Study  
Career |
| 7    | Working with people  
Personal Profile  
Networking  
Marketing Yourself |
| 8    | Where to from here?  
Review goals and aspirations  
Action Plan |