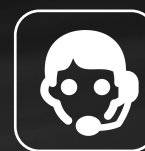




Self-
Paced



Personalized
Workbook



Live Teacher
Access



Goal: Prepare participants with needed skills for jobs and re-entry into their community.

Course Instruction: Digital course via Google Classroom (or alternate LMS) & personalized workbook.

Participants: Spend 2 - 3 hours per week on each chapter and complete all exercises.

Live Teacher: Each location can reserve times on Tues or Thurs for Q/A and discussion. This is an opportunity to ask / discuss with a live instructor.

Course Contents:

1. Introduction: Self Worth, Personal Values & Goal Setting
2. Effective Communication Techniques
3. Building Healthy Relationships
4. Budgeting & Financial Planning
5. Time Management & Organization
6. Job Readiness
7. Health & Wellness
8. Critical Thinking & Decision-Making
9. Civic Responsibility
10. Reviewing Progress & Achievements

Developed by Professionals in each field.

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