



SKILLS FOR WORK



What is Skills for Work? A course designed for people new to the workforce or returning after a break.

Build essential workplace skills

Develop key soft skills like communication, adaptability, problem-solving, and self-management for success in today's job market.

Gain confidence and workplace readiness

Learn about workplace expectations in Canada, strengthen teamwork, and practice taking initiative and managing change.

Lay the foundation for your career

Prepare for employment with the skills, mindset, and confidence to thrive whether you're new to the workforce or returning after a break.

