

BUILDING SELF-CONFIDENCE AT WORK: WEBINAR



In Collaboration with
Brampton Library and
Building Multicultural Communities



Wednesday, September 10, 2025
9:30 a.m. – 11:00 a.m.

Learning outcomes of this workshop:

- How to increase self-confidence
- Affirmations for self-confidence
- How the way we feel about ourselves affects our job search
- Emotional well-being and mental health

For more information, please email:
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