

# BUILDING SELF-CONFIDENCE AT WORK: WEBINAR



In Collaboration with  
Brampton Library and  
Building Multicultural Communities



**Wednesday, December 9, 2026**  
**10:30 a.m. - 12:00 p.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

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