

# BRIDGE TO SUCCESS SKILLS TRAINING

## *A Positive Approach*



Joyce Kubik, TeleLeader



**Learn in the comfort of your home or from the workplace  
No Travel – Save time & money while you learn**

*What is a TeleClass?* It is a live, interactive workshop that is conducted over the telephone in a conference call format. Prior to the start date you will receive all materials for the first class. After each class notes will be emailed to you along with materials needed for the next class.

Once you register for a TeleClass, you will receive the telephone number to dial into your TeleClass, (and a PIN number for some classes). Phone charges may or may not apply based on the phone you use, and any rate your long distance company charges.

**Register** online or via email – [kubikja@bridgetosuccess.net](mailto:kubikja@bridgetosuccess.net)

### **📞 Adults with AD/HD: Coaching & Building Life-Long Strategies**

Join up to 10 other adults with AD/HD in a TeleClass and learn how to manage your AD/HD. Be prepared to work and commit. See the class description on the ‘Upcoming Events’ page at [www.bridgetosuccess.net](http://www.bridgetosuccess.net)

***If you want to be notified when new classes are announced, email me at [kubikja@bridgetosuccess.net](mailto:kubikja@bridgetosuccess.net).***

### **TeleClass Comments on the Adult Workshop:**

*“Joyce, I am so pleased with what I am accomplishing. I am managing my time and giving myself more time with everything I am doing.*

*I feel so much calmer . . . and much less anxious. . . . I feel like a million bucks!” (CB 2/06)*

*“You are an inspiration and you have brought organization to my life and I am quite thankful to you for that.” (KS 3/06)*