

is a career readiness program that supports you to move in a way that feels good, tap into your full potential and create the life you want to live.

1 In Motion


Focus on who you are - your strengths and skills
Take charge and create a vision for your future

2 Momentum

Continue to build on your vision for the future and take steps to make it a reality
Contribute meaningfully to your community in collaboration with others

3 Momentum+

Continue to build momentum toward achieving your goals
Move from planning the life you want to live to starting to live it



Are you feeling stuck?

Ready to make a change?
Reach out and learn more
about IM&M+ today!

Contact Kristen at 705-748-9110
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for more information!