

What is DISCOVER YEAR?

- [*Discover Year*](#) is an approved Canadian post-secondary program held in Ottawa and Toronto. It is led by its founder, Jay Gosselin, and a team of inspiring mentors and life coaches. It is an innovative one-year career and life skills gap year program that helps young adults better understand what they want and build the skills they need to go out and get it. Our students build stronger self-awareness, confidence, communication skills and resilience to thrive in whatever education or career path they take. They achieve these results through:
 - Essential skills workshops
 - Mentorship and coaching
 - Work
 - Travel
 - Community service
- Discover Year is hosting an information session on Oct. 17. To learn more and to register, use this link: [Info session](#)
- Have questions? Book a call with Julie at [meetingwithJulie](#)

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