

FIND IT HARD TO FOCUS? READY FOR CHANGE?

FUNDED COURSE

FOR RESIDENTS OF BRINNINGTON, CENTRAL STOCKPORT,
EDGELEY, MARPLE, HEAVILY AND HIGH LANE

BEONE MINDSET

**BUILD YOUR OWN TOOLKIT
THAT HELPS YOU TO:**

ORGANISE YOUR TIME

FEEL EMPOWERED

MANAGE YOUR EMOTIONS

SET PRIORITIES

RECOGNISE NEGATIVE INFLUENCES

BECOME INDEPENDENT/
RELY ON YOURSELF NOT OTHERS

HOW?

FOR REAL, HONEST COACHING BASED ON OUR
OWN LIVED EXPERIENCE, SIGN UP



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