



Skills for life

BeOne Mindset: Mind Workshop

🕒 6 March 2025 (12:45pm – 2:15pm)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

Understand your mind and train it to work for you, not against you. Learn how to identify and overcome negative thinking, build resilience, and develop the healthiest mindset possible.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862