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There are Two Sides to Every Story
see us the middle best!

Gary Loftus
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LOST is a one day exploration for men living in Marple, Romiley and Stockport.

OUR HAPPINESS FACTOR is seeking to engage 20 men from around Stockport who may have felt or are feeling lost in life.

We are creating a space for men to come together, explore their feelings of being lost. We will help you understand why you are not your limiting beliefs.

Over the course of a day, we'll explore your dreams, hopes and aspirations for the future and create clear and clear goals together.

The workshop is transformative and will be led in an informal, friendly and compassionate way.

At this stage, we're gauging initial interest and looking to hold conversations with anyone interested in attending a workshop in October.

It is important to note that our work is created through a transformative coaching approach. We do not offer counselling or therapy as part of this session or any of our programmes.

For further information call Gary on 07841592798 or E: gary@ourhappinessfactor.co.uk

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