



Skills for life

BeOne Mindset: Structure Workshop

🕒 **13 November 2025 (1pm – 3pm)**

📍 **Cornerstone, 2 Edward Street, SK1 3NQ**

Structure:

Take a moment to reflect on your current routines and habits to uncover what might be holding you back. Then, design a new structure that nurtures a happier, healthier, and more balanced life.

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