

Positive Thinking

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Positive Thinking

This free 3 hour workshop will help you to learn the art of positive thinking.

Topics include:

- Recognising when we are more prone to negative thinking
- Common thinking disorders
- Strategies to develop positive thinking habits
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This course is Free of Charge and is for clients registered with the Mary Frances Trust. To book please

first contact the: Mary Frances Trust- 01372 375400, mob:07961 478625 (Michael Powell), or email: Info@maryfrancestrust.org.uk.

When: Monday April 29th

Where: Joseph Palmer Centre, 319 Walton Road, West Molesey, KT8 2QG

Time: 2-5pm

Facilitator: Femi YusooF

After gaining a pin number from the Mary Frances Trust please book your place online at www.wea.org.uk

Course reference C3744022 or phone 0300 303 3464



Education & Skills
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