

The Power is  
in the Present

**BIG CHANGE!**

OPPORTUNITY

**COACHING**

VICTIMS, VILLAINS  
AND HEROES

**Awareness** Take Action!

“Work is love manifested” – Gibran

**ENERGY**

MANAGEMENT

“To work we love  
with delight we  
go.” – Shakespeare

**GIVE**

**TO**

COAX, ENCOURAGE & INSPIRE

**GET**

**Just Breathe**

**Fear is about  
Judgement**

**Be FREEDOM**

**Here**

What are you waiting for?

**Now GROWTH**

Anti-Fragile

Confidentiality

**Be Have Do**

**DISCIPLINE**

