Thank you



Relationship	Family	Friends		
Giving Back	Health	Faith (Values)		
Personal Growth	Career	Hobbies Passions		

Family	Relationship	Friends	
Giving back	Health	Faith (Values)	
Personal Growth	Career	Hobby/Passion	

.....

<u>:</u>



John Wooden

Success comes from knowing that you did your best to become the best that you are capable of becoming

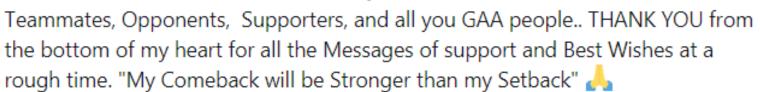
Performance = Capability x Behaviour

Humility
Excellence
Respect

Resilience



Tom Parsons @TomParsons_8 · 14 May 2018

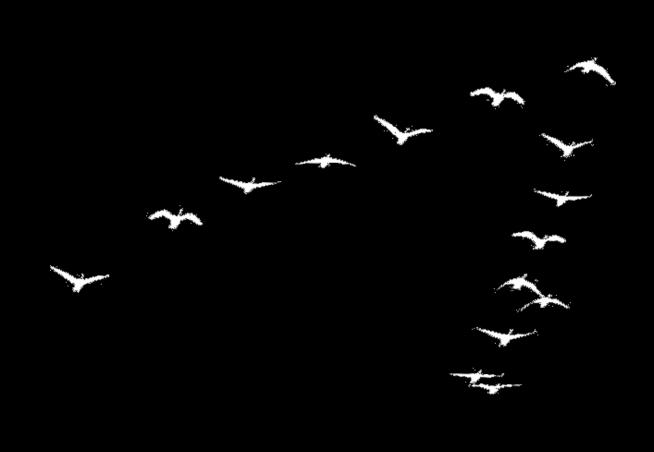




Unless commitment is made, there are only promises and hopes... but no plans"

P.F Durkan

Values-based Purpose-driven Vision-led



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0-10	10-20	20-30	30-40	40-50	50-60	60-70



Thank You