



CARE FOR THE ONE YOU ARE WITH
AND IF YOU ARE BY YOURSELF
THAT'S YOU

WE HONOUR DIVERSITY AND DIFFERENT VIEWS

**BE OPEN TO CHANGE, BUT
DON'T LET GO OF YOUR VALUES**

DO YOUR ONE THING FIRST

WE ALWAYS HAVE EACH OTHER'S BACK

WITHOUT
M E N T A L
H E A L T H
• THERE IS •
NO HEALTH

**IF WE LOSE
DON'T LOSE
THE LESSON**

**WE ARE PASSIONATE ABOUT
HELPING OUR CLIENTS
- AND EACH OTHER**

**UNDERSTAND YOURSELF
TO BETTER
UNDERSTAND OTHERS**

JUST START - ONE STEP AT A TIME

WE LAUGH OFTEN & DON'T TAKE OURSELVES TOO SERIOUSLY

IF OPPORTUNITY
DOESN'T KNOCK,
BUILD A DOOR

**PROGRESS
IS BETTER THAN
PERFECTION**

**PLAY
TO
STRENGTHS**

**THE WHOLE
IS GREATER THAN
THE SUM OF ITS PARTS**

**WE
GROW
AS WE HELP
EACH OTHER
GROW**

**CARING IS THE NEW
UNFAIR ADVANTAGE**

GOOD SLEEP
+
GOOD FOOD
+
GOOD EXERCISE
-
GOOD TIMES

**SUCCESS IS
LIKING US,
LIKING
WHAT
WE DO, AND
LIKING HOW
WE DO IT**

WE CAN HAVE TOUGH
CONVERSATIONS WITH
HONESTY AND RESPECT
**WE ARE WHAT
WE
REPEATEDLY DO**

**ASK R U OK?
A CONVERSATION COULD CHANGE A LIFE**

BE CARING. BE HELPFUL. GO FOR THE GROWTH ZONE