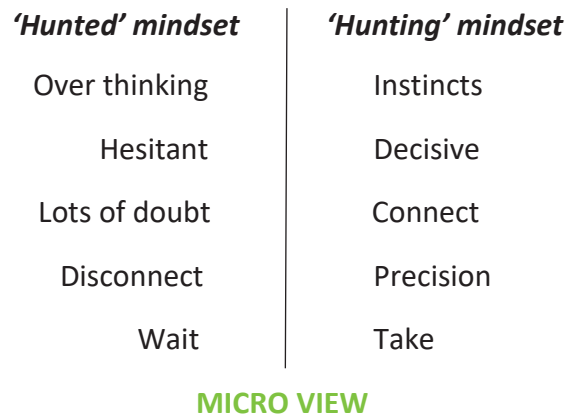
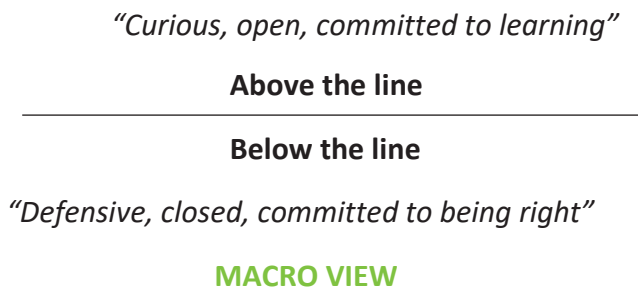


Gilbert Enoka teachings

1. Set the challenge high – ensure there's a gap that's scary or discomforting

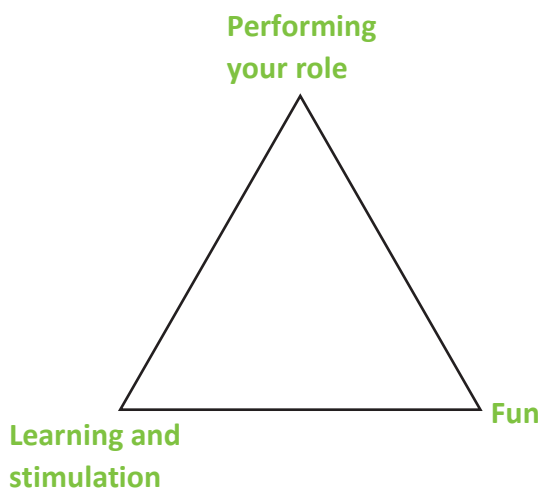
2. Get the right mindset



3. Not positive, not negative... just clear thinking

4. Balance and perspective

5. Coming together as one force



Vision
Values
Environment
Belonging

6. FEAR is okay!