



WELL-BEING

WELL-BEING ALWAYS COMES FIRST

Our lives, aspirations, families and loved ones make us who we are. To succeed, we must support ourselves and those around us.

- Family and loved ones always take priority.
- Help each other to succeed.
- When life gets in the way, we do not judge - we only do what we can to help.
- Be open to both talking and listening.
- Learn and respect your own limits.
- Help those who need it.
- Take time away when required.
- Be conscious of your impact on others, the community and the wider world.