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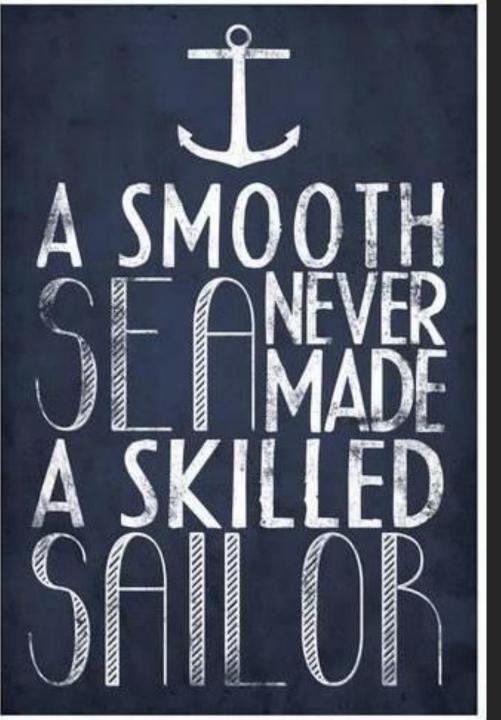


WE WOULD LIKE TO HEAR FROM YOU #BecauseWeCar



Anchor your emotions

Presented by Leonie du Preez



ANCHOR YOUR EMOTIONS





anchors

They remind us that ~
when life's winds blow
and seas get stormy ~
we all do best when tied to
something solid and true.

How do we anchor our emotions?

Where?

When?

What?

CHOICES



Stay anchored!

Thank you



