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**WE WOULD LIKE TO HEAR FROM YOU #BecauseWeCan**





# Anchor your emotions

Presented by Leonie du Preez



A SMOOTH  
SEA NEVER  
MADE  
A SKILLED  
SAILOR

ANCHOR YOUR  
EMOTIONS





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### 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

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Stay anchored!

*Thank you*

