

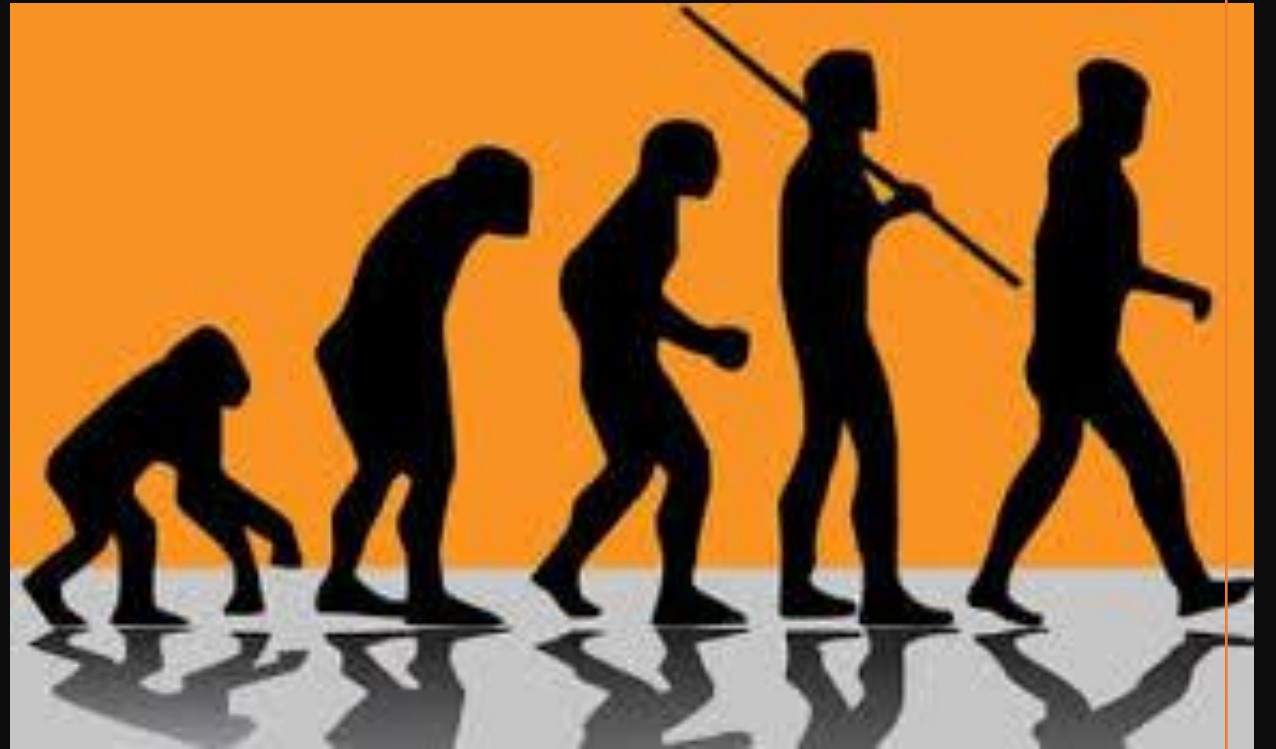


Self-Awareness is a
Superpower!



POSITIVE
ABOUT
CONCLUSION

Our Evolution





“We don’t see things as they are,
we see them as we are.”

“

**Biases are the stories
we make up about
people before we
know who they
actually are.**

Verna Myers



Apprentice?

The Nurse and the Pilot...





Owning our story
can be hard but
not nearly as
difficult as
spending our lives
running from it.

- Brene Brown

Self-Awareness

- Reflect
- Keep learning

- Slow down
- Ask others



A person stands on a rock in the foreground, silhouetted against a sunset sky. The person's arms are raised in a gesture of triumph or joy. The background features a calm body of water and distant, silhouetted mountains under a sky with soft, warm colors of orange, yellow, and blue. A large, semi-transparent white circle is visible in the upper left quadrant of the image.

Strive for progress,
not perfection.

Anonymous

quote fancy



Thank you



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