



Through growth, we share what we have learnt and grow others in the process. Creating self-growth habits ensures continual growth and contribution to others in the workplace.



The strength to deal with and recover from adversity. An individual characteristic, process or outcome built on what we experience.



To 'feel in' to others and be aware of their emotions. To make others feel heard and seen by tuning into their experiences. To be present, real and open.



A deliberate conscious decision, forgiveness can take us from pain to peace. We can forgive a situation or person leading to deeper more meaningful interactions and relationships.



The only constant in life is change. It can be chosen or forced and needs to be embraced. Change is the portal to growth, innovation and new direction that challenges the status quo.



By tapping into inner strength we can transform fear, into determination. A strong purpose, belief and awareness ignites courage, a key trait of a Limitless Leader. Be bold.



Through curiosity, we explore, and this fuels passion and learning and creates possibility. Curiosity leads us to provocation and forces us to question things leading to innovation.



An internal decision framework based on inner values, goals, willingness and hope for now and the future. An energy we can all possess.



To be truly associated with someone or something, an innate human need that strengthens relationships and interactions with others and ourselves.



In the workplace we need to contribute to ourselves and our work team. Support others, share skills and give your time. Set goals around this and ways to share ideas and feedback.



To appreciate who and what you do have and paying this goodness forward. It can be an action, a feeling or a grateful disposition and mindset shared within the workplace.



Bringing our best selves to the workplace requires us to have deep awareness of when and how to re-energise. Doing the things that light us up and reflecting and recharging are key.