

**EFLTip<sup>®</sup>  
Ping-Point**

Low points are inevitable - often unexpected. The degree with which we each experience them is deeply personal. As is the next step forward. You are crucially important. And your perspective is best when accepted and engaged in connection with the world around you.

**Join your Tip-Ping Point!**

		
When you feel wrecked ...	... going nowhere	... hope feels low ...
		
Be YOURSELF	Allow a little doubt	... a little indulgence
		
Re-engage the important	Care for your wellbeing	Know your limits
		
See through the gaps	Re-discover inspiration	Re-join loved ones
		
Rebuild your foundation	Fight for what's important	Look out for others

Where leadership is a team responsibility

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