



RESPECT

T4E

Respect for Self – In
Conversation with a Leader

EAT

Emotion & Food

SWEAT

Respect your body

THINK & CONNECT

Empathy & Compassion –
Emotional Wellness



RELATIONSHIPS

T4E

Relationships – In
Conversation with a Leader

EAT

Relationship with food

SWEAT

Relationship with Exercise

THINK & CONNECT

Relationship with Self /Others



COURAGE

T4E

Deal with life by getting to
know yourself - In
Conversation with a Leader

EAT

Break Negative Food
Behaviours

SWEAT

Look back on your experience

THINK & CONNECT

Have the confidence to tell
your story



RESILIENCE

T4E

The key to Happiness –
Exploring setting goals and
overcoming obstacles – One
Small Change

EAT

Making and breaking habits:
How we can reframe our days
to build new healthy habits? /
Respect your body

SWEAT

Challenge – Global Step
Challenge

THINK & CONNECT

Find Courage by getting to
know yourself