



Be the BEST version of YOURSELF TM

Program, based on the journey of Nolan Pillay – CEO and Founder

HUMANITY EXERCISE – WEEK 2

1. Promote Gratitude and Positivity

Follow the exercises from Value 1 “Gratitude” to promote this in YOUR workplace

2. Focus on Mindset exercises



3. Replace complaints with Solutions

4. Coach everyone in the Organisation

5. Exceed Expectations
