

**WE SHOULD ALL LIVE THE THE VALUES NOT JUST PAY LIP SERVICE
TO THEM**

Courage: The courage to be honest with people. Thoughts are not
Always facts

Honour: Praise people for a job well done

Acceptance: The belief that everyone is the expert of their own
experience

Motivation: Encourage a sense of hope for people's own ability to
recover in ways meaningful to them

Perseverance: Face fears one step at a time and don't give up

Individuality: Everyone is a unique individual with something to offer and
something we can learn from

Options: Offer choices not answers and solutions

New Life: Move forwards not back to life as it was

LH
Lali Tudek

TRUSTEE
Trustee

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