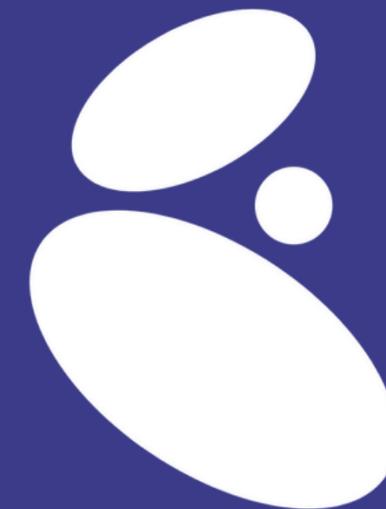


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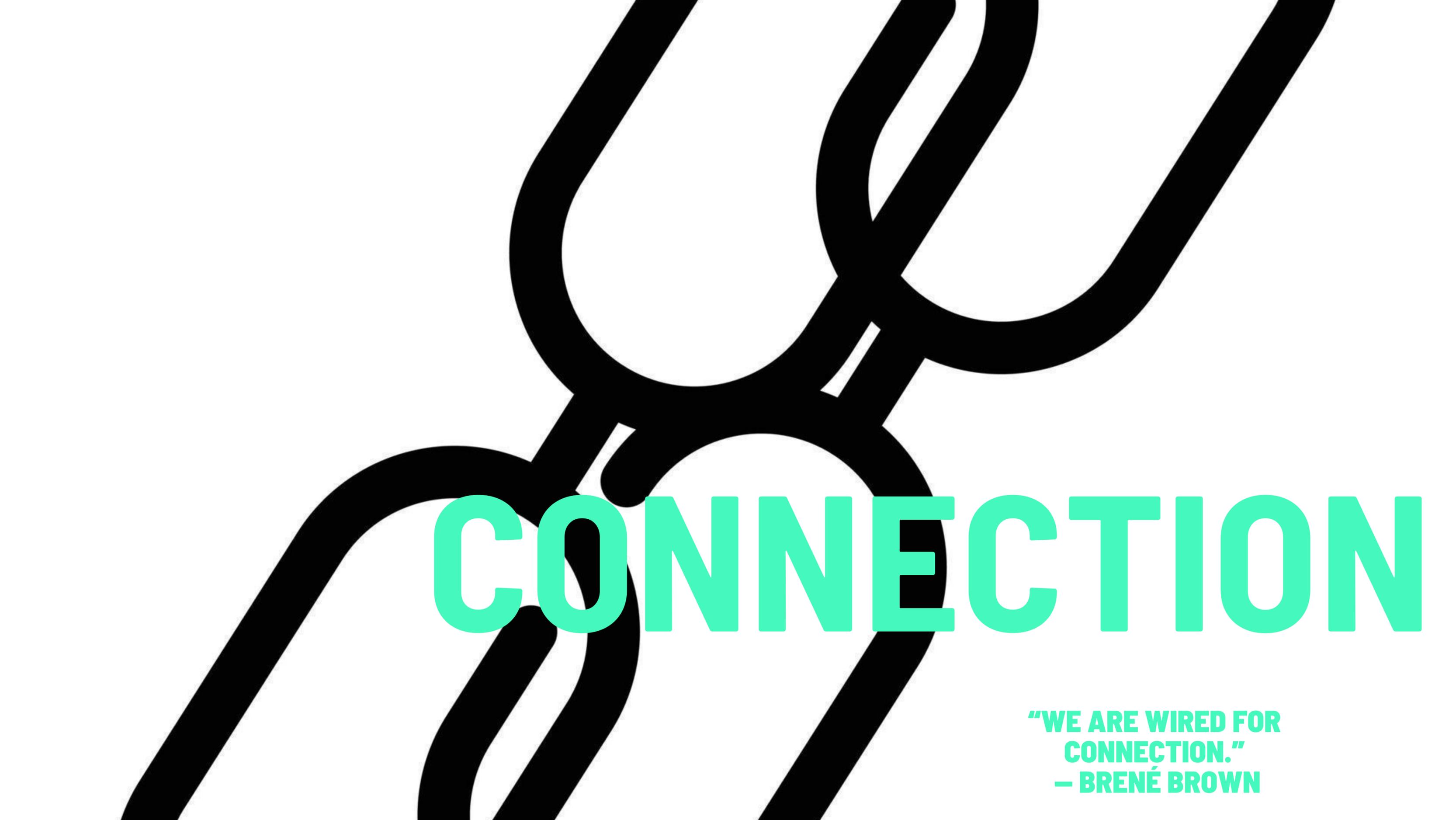
À pas
de géant
Giant
Steps

Seiun Thomas Henderson

ME + US

RECOGNITION

GRATITUDE



CONNECTION

**"WE ARE WIRED FOR
CONNECTION."
— BRENÉ BROWN**



FOR EDUCATORS, "SURTHRIVING" IS THE QUIET
ACT OF STAYING CONNECTED TO PURPOSE, EVEN
WHEN THE SYSTEM PULLS US TOWARD
EXHAUSTION.

DISCONNECTION

NATURE

"THE LAND KNOWS YOU, EVEN WHEN YOU ARE
LOST."

— ROBIN WALL KIMMERER



EARTH

**"WHEN WE KNOW WHERE WE STAND, WE CAN STAND MORE
GENTLY."
– UNKNOWN**



FIRE

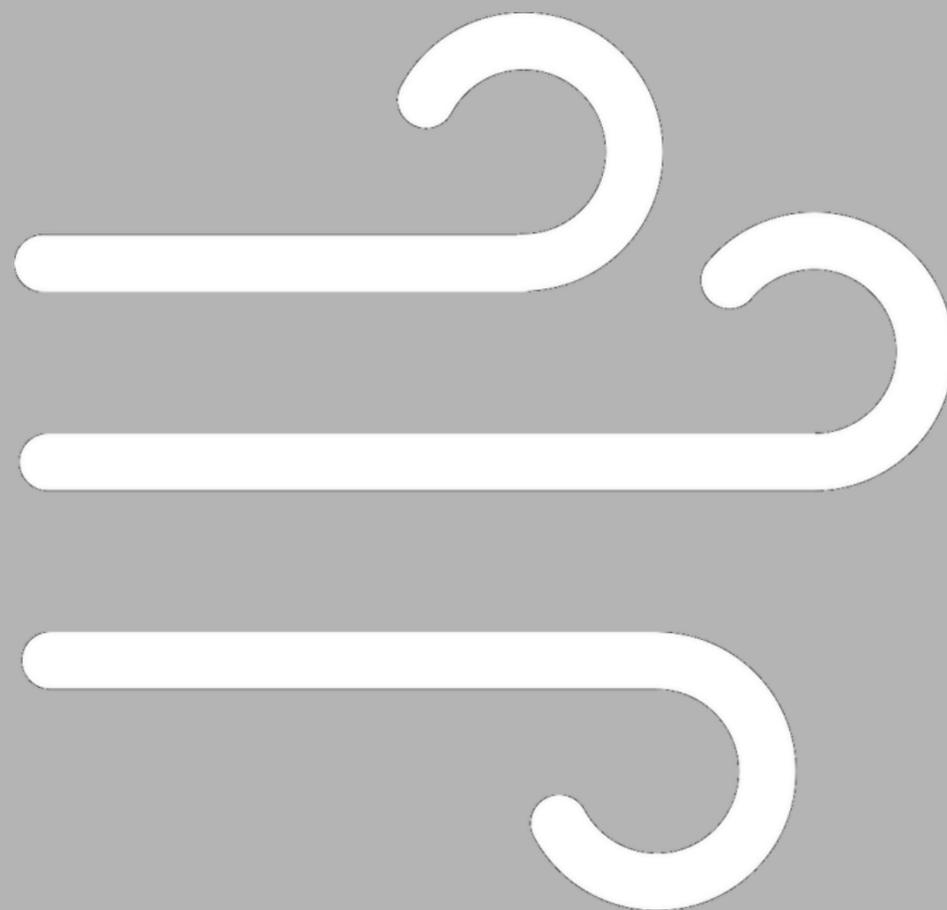
"DO NOT ASK WHAT THE WORLD NEEDS. ASK WHAT MAKES YOU COME ALIVE, AND GO DO IT."

– HOWARD THURMAN



AIR

**"THE PAUSE IS AS IMPORTANT AS THE
NOTE."
– MUSICAL PROVERB**



WATER

**"PEOPLE WILL NEVER FORGET HOW YOU MADE THEM
FEEL."
— MAYA ANGELOU**





HE(ART)

**"TEACHING IS A DAILY PRACTICE OF
LOVE."
– BELL HOOKS**

"The future belongs to those who believe in the beauty of their dreams."

ELEANOR ROOSEVELT

