

THE UNSPEAKABLES:

RUMBLING WITH VULNERABILITY

TOPICS THAT MAKE US QUEASY

DON'T FEAR FAILURE

I AM A WHOLE PERSON

I AM PROUD OF WHO I AM

HOW DO WE NAVIGATE DIFFICULT CONVERSATIONS

PUT THINGS INTO PERSPECTIVE

TAKE CARE OF YOUR LOVED ONES.

THINK FAST &

FIND THE ENERGY & COURAGE TO DO THE RIGHT THING

WE MAY NOT KNOW THE DIFFICULTIES THAT OTHERS

LOSS

PAIN

FAMILY

TAKE YOUR TIME. I UNDERSTAND

FEAR?

PEOPLE MAY BE MORE SUPPORTIVE THAN YOU THINK.

FACE

PERSONAL LIFE

IN THE LONG RUN, IT'S YOUR LIFE THAT MATTERS

GET EXPERT HELP METOO MOVEMENT

DON'T BE AFRAID OF CONFRONTATION

TRY GIVING UP GUILT

MORE FEMALE REPRESENTATION OF THE JUNOS TRANSPARENCY IS KEY

LEARNING

THERE IS NO CONTROL ON SOCIAL MEDIA AS TO HOW FAST THINGS MOVE

SHOW YOUR

WORK/LIFE BALANCE CHOICES

VULNERABILITY

HOW CAN WE MAKE SURE WE RESPOND APPROPRIATELY?