

Thank you



Relationship

Family

Friends

Giving
Back

Health

Faith
(Values)

Personal
Growth

Career

Hobbies
Passions

Family

Relationship

Friends

Giving back

Health

Faith (Values)

Personal Growth

Career

Hobby/Passion



John Wooden

Success comes from knowing
that you did your best to
become the best that you are
capable of becoming

Performance = Capability x Behaviour

Humility
Excellence
Respect
Resilience



Tom Parsons @TomParsons_8 · 14 May 2018



Teammates, Opponents, Supporters, and all you GAA people.. THANK YOU from the bottom of my heart for all the Messages of support and Best Wishes at a rough time. "My Comeback will be Stronger than my Setback" 🙏



466



1.3K



15K

Unless commitment is made, there are only promises and hopes... but no plans”

P.F Durkan

Values-based
Purpose-driven
Vision-led



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0-10	10-20	20-30	30-40	40-50	50-60	60-70



Thank You