

MARK FERNANDES:

flourishing at home and in the workplace



WORST ENEMY

YOU ARE BORN ENOUGH.



5. EXTEND GRACE - TO OTHERS, TO YOURSELF

1. KNOW & UNDERSTAND YOURSELF.

#wakeuphappy
self-care is NOT selfish.

2. FIND YOUR DANCE FLOOR.

Values-Based LEADERSHIP



4. EDIT YOUR LIFE. get good at something.



Toxic work environments impact our home lives.

3. INVEST IN YOURSELF.

MARK TWAIN



The two most important days in your life are the day you are born and the day you find out why.