



**BALANCE**

**IS IMPORTANT**

**TOO!**



Balancing rest with recreation helps to boost our creativity, energy and productivity.

# MASCOTS KEY STRENGTHS



## HUMOROUS HYENA

Humorous Hyena enjoys building unforgettable memories through fun times!



## CURIIOUS MONKEY

Curious Monkey will give everything a go and always shows enthusiasm to new tasks and projects - finding the best in every situation.



**HUMOUR HELPS  
PROVIDE  
EMPOWERMENT AND  
BUILDS CONFIDENCE**

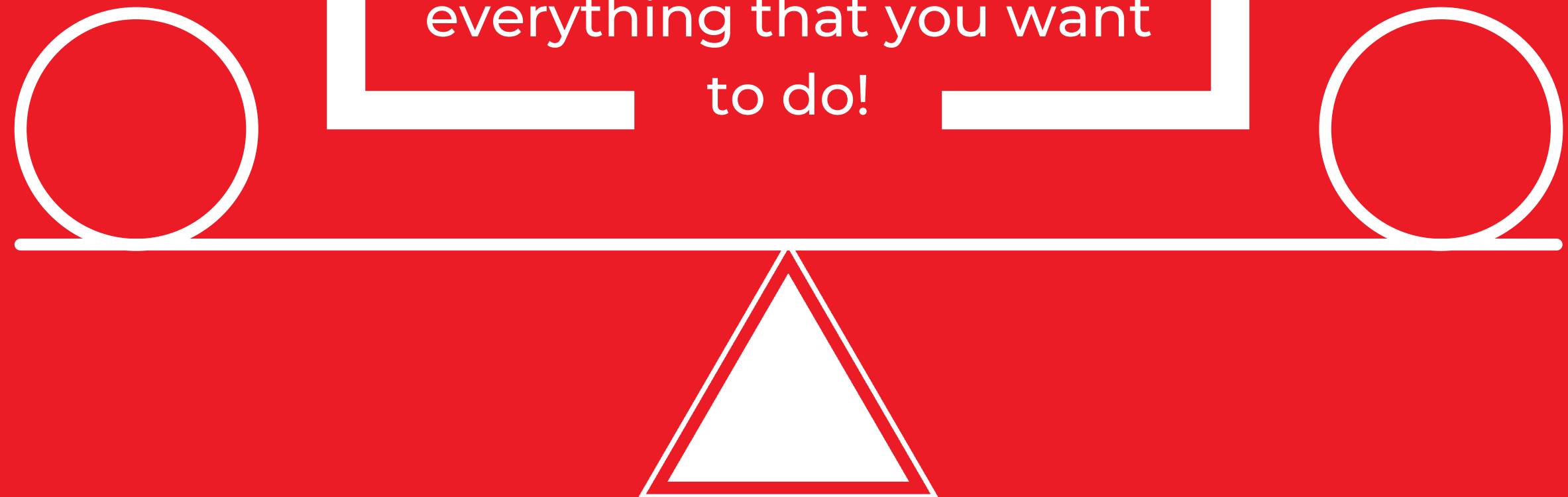
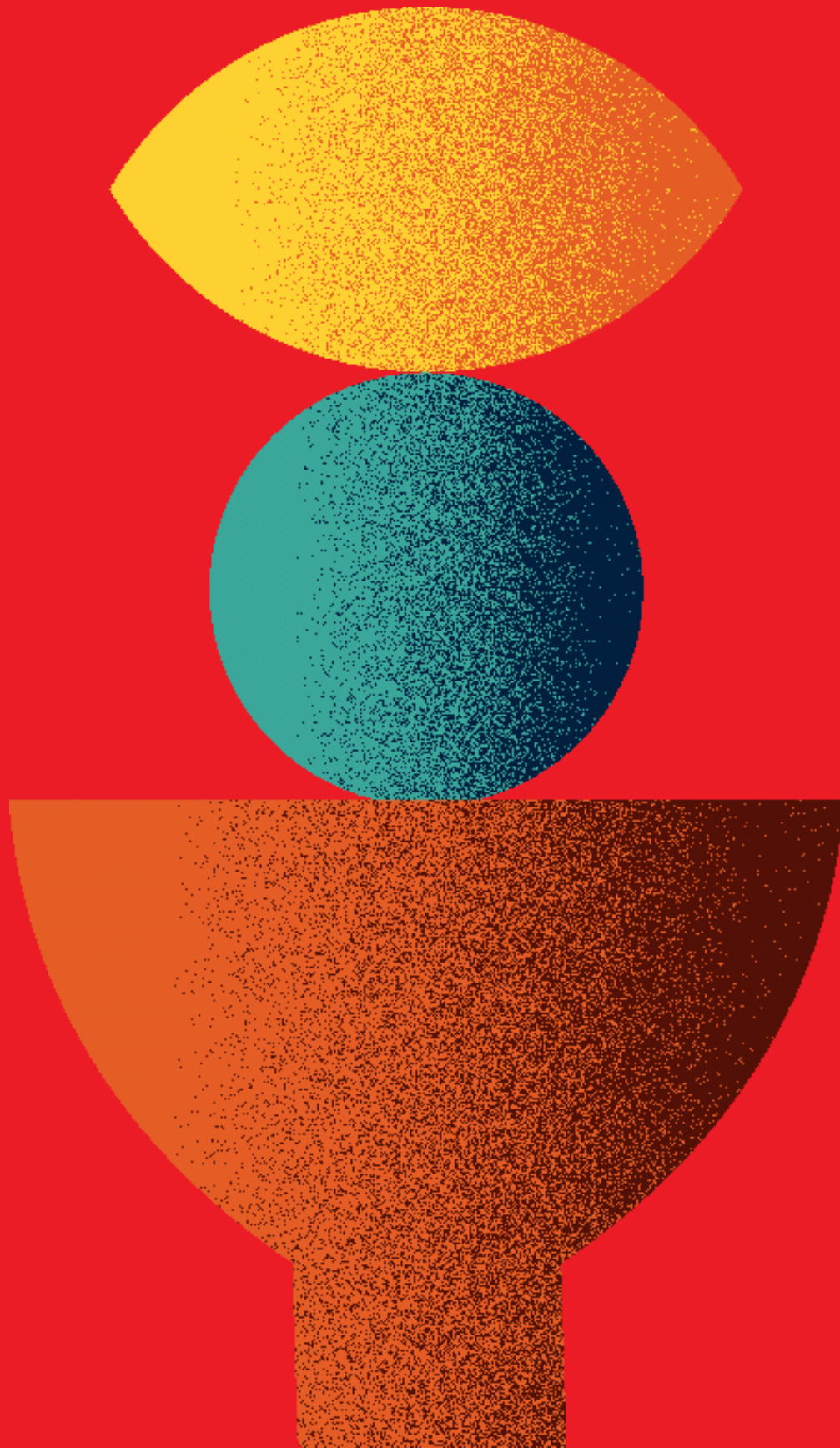


THE MIND OF THE CURIOUS IS ACTIVE.  
CURIOSITY IS AN IMPORTANT INGREDIENT OF  
THE PROCESS OF LEARNING AT EVERY AGE!

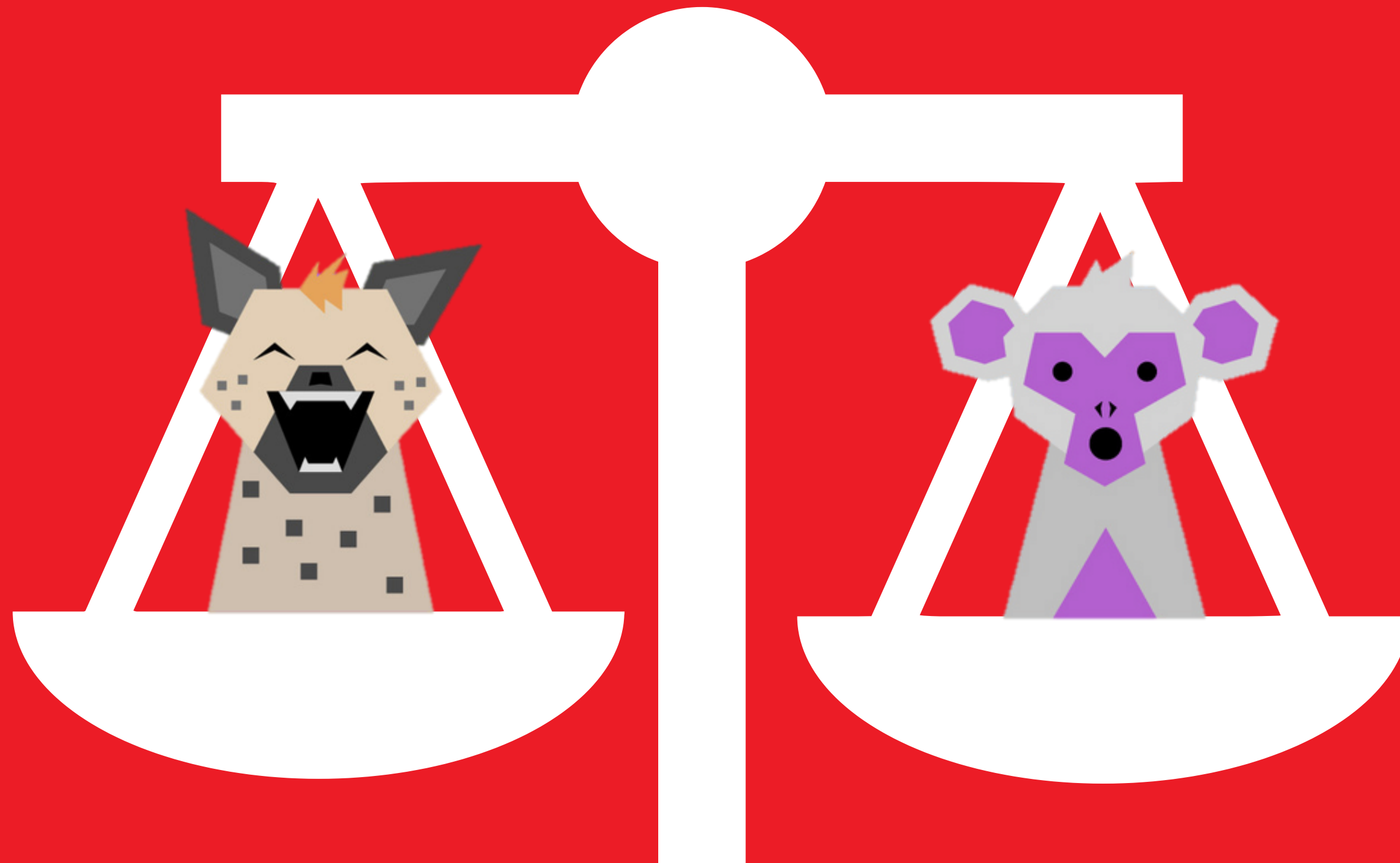


Balance in life isn't about  
achieving and  
maintaining unrealistic  
perfection

It's about finding  
sustainable ways to  
manage everything you  
need to do with  
everything that you want  
to do!







Balance is important because the scales can be weighted as and when they need

Making time for rest can recharge our abilities to deal with commitments and impact overall health



Finding a healthy balance can also help stimulate creativity



As well as improving concentration and productivity

