

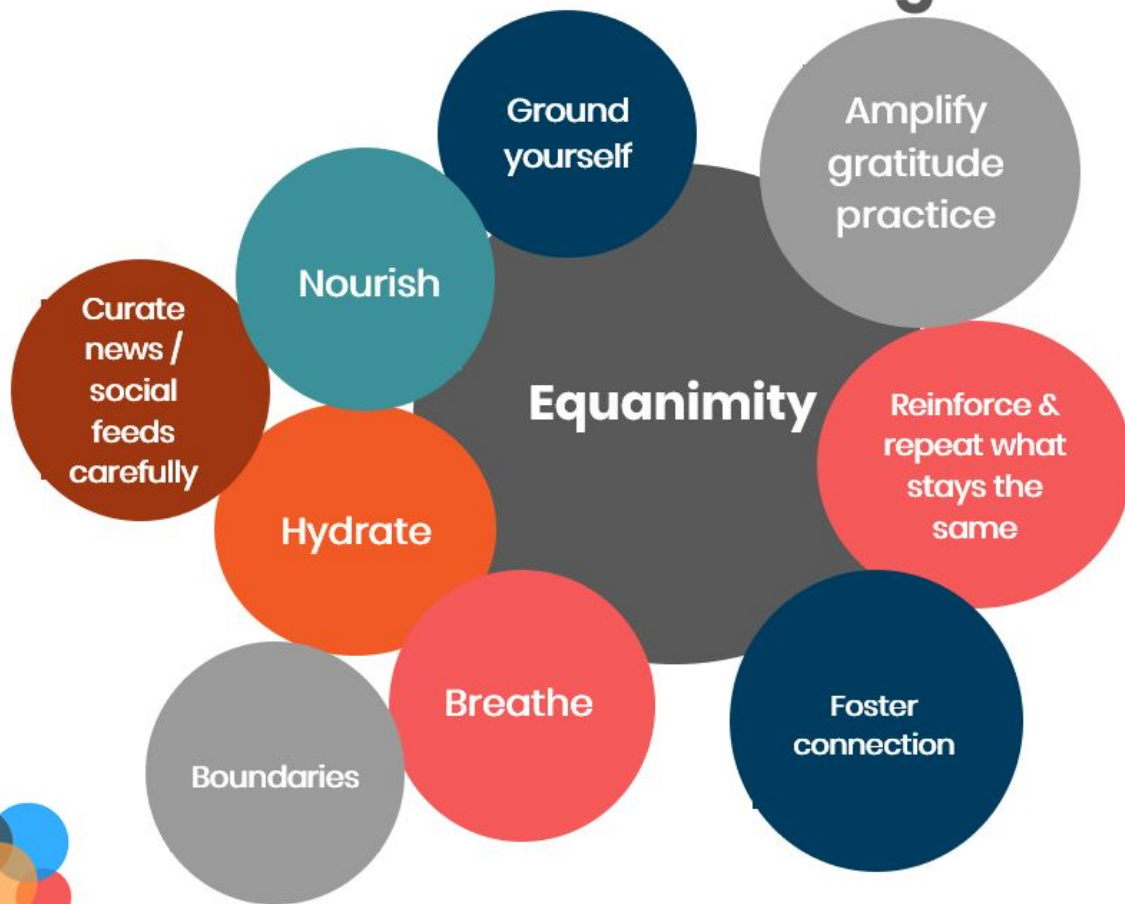
# Equanimity

Mental calmness, composure,  
and evenness of temper,  
especially in a difficult situation

*-Oxford Languages*

# Staying calm to create further change and innovation

**You – Care for yourself before you can care for others**



**Your workforce – counter the ‘amygdala hijack’**

