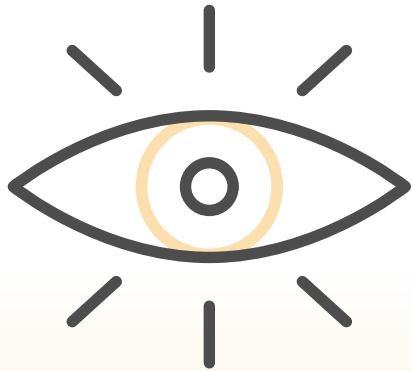


# COMPANIES VISION, MISSION AND VALUES



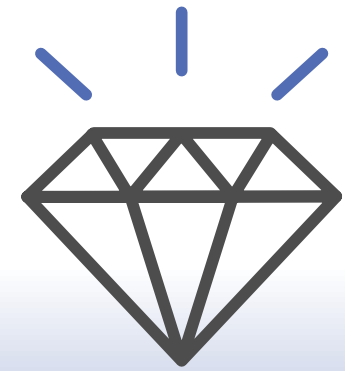
## OUR VISION

Support and encourage professionals to emerge stronger with more energy and flexibility to move through life with ease.



## OUR MISSION

Empowering our members to move better and maximise their quality of life.



## OUR VALUES

Exchanging knowledge.

Honest to ourselves and others.

Love what we are doing.

We care.

Support and Encourage each other and others.

We are learners.

Not afraid of changes.

Work as a team.