



- Equipping is being able to pass on something that you know.
- We equip our children when we teach them how to walk, talk, or eat.
- Equipping is also our actions, our role modelina.
- Using E5 tools, you will be able to apply knowledge, tools, processes and training that equips you to handle situations and establish equilib<u>rium.</u>

- Take note of your current equipping strategy. Do you need to start, change or enhance it?
- Equipping takes courage.
- Be one of those courageous people to help somebody.
- Teach someone, and be open to being equipped and learning for yourself, as well