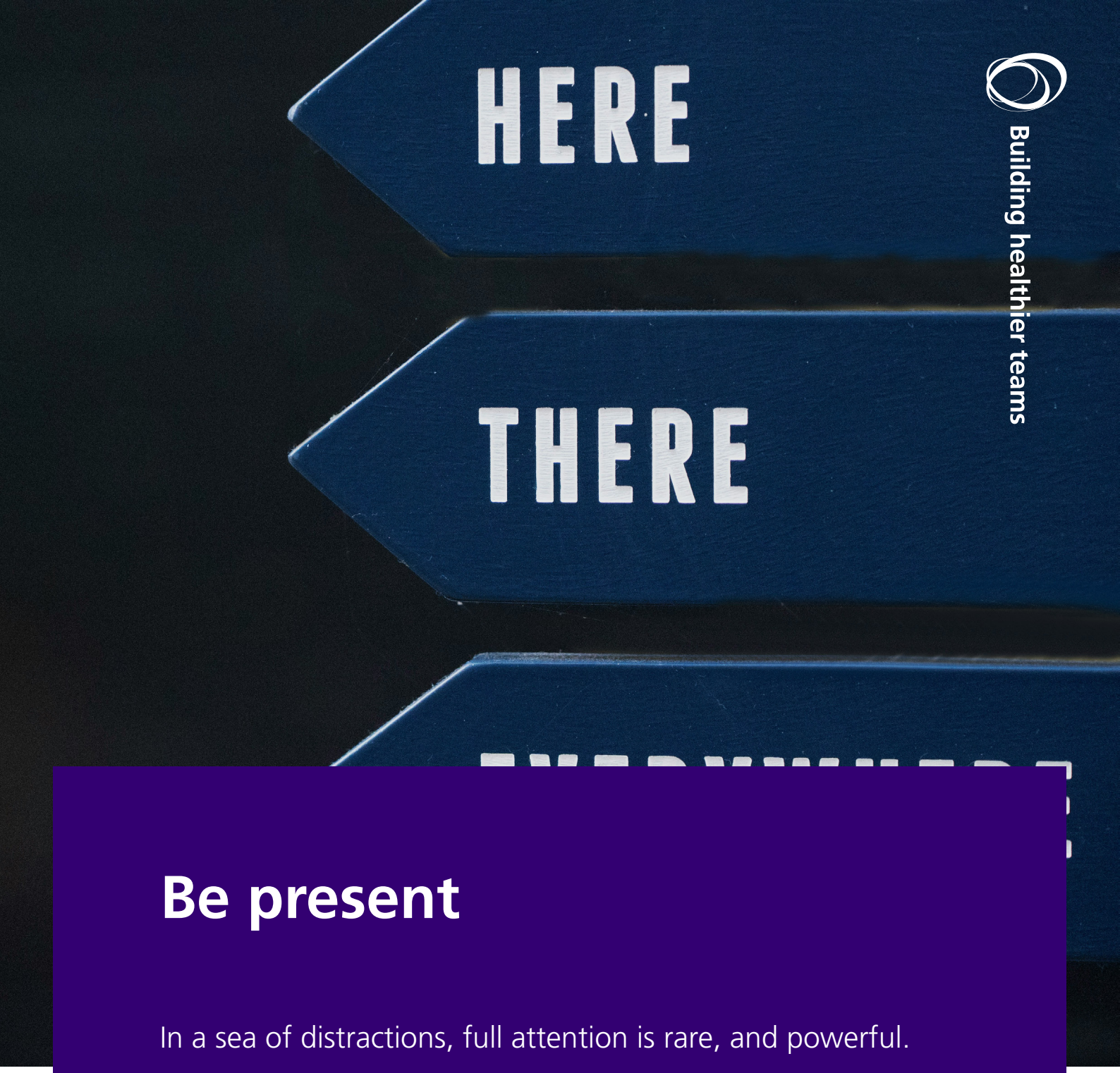

Be present

In a sea of distractions, full attention is rare, and powerful.

When someone speaks to you, stop. Look up. Listen properly.

Even if you've only got a minute, make it count.

Presence signals respect. And respect builds trust.

You don't have to solve everything in the moment.

But you do have to show up.