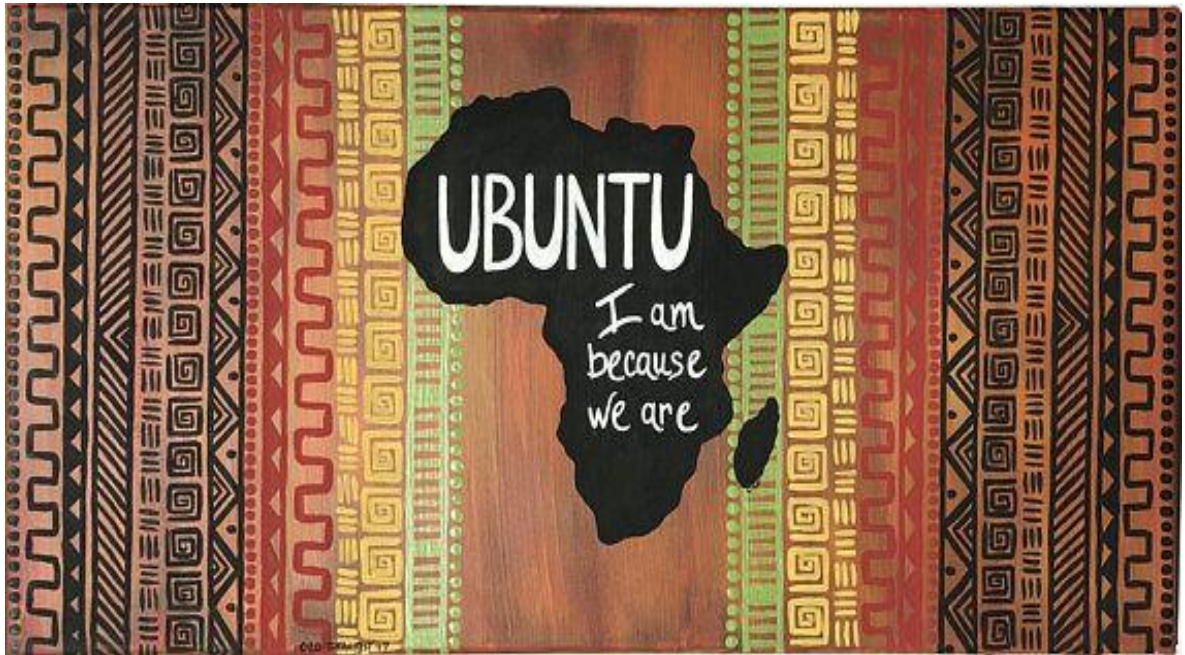


Ubuntu



- Ubuntu is the South African philosophy, that says ‘I am because you are.’ We can’t be fully human all on our own, we need to be part of a community.
- A person with *Ubuntu* is open and available to other people. They see other people properly and listen to what they’re really saying.
- If we have *Ubuntu*, we don’t feel threatened by other people’s success; we know that if one person flourishes, we all flourish.
- If one person is struggling, then we all struggle.
- Who are the people that you are invisibly connected to?
- Are you aware of any barriers between you and other people? Are there any simple steps you could take to start breaking these down?