

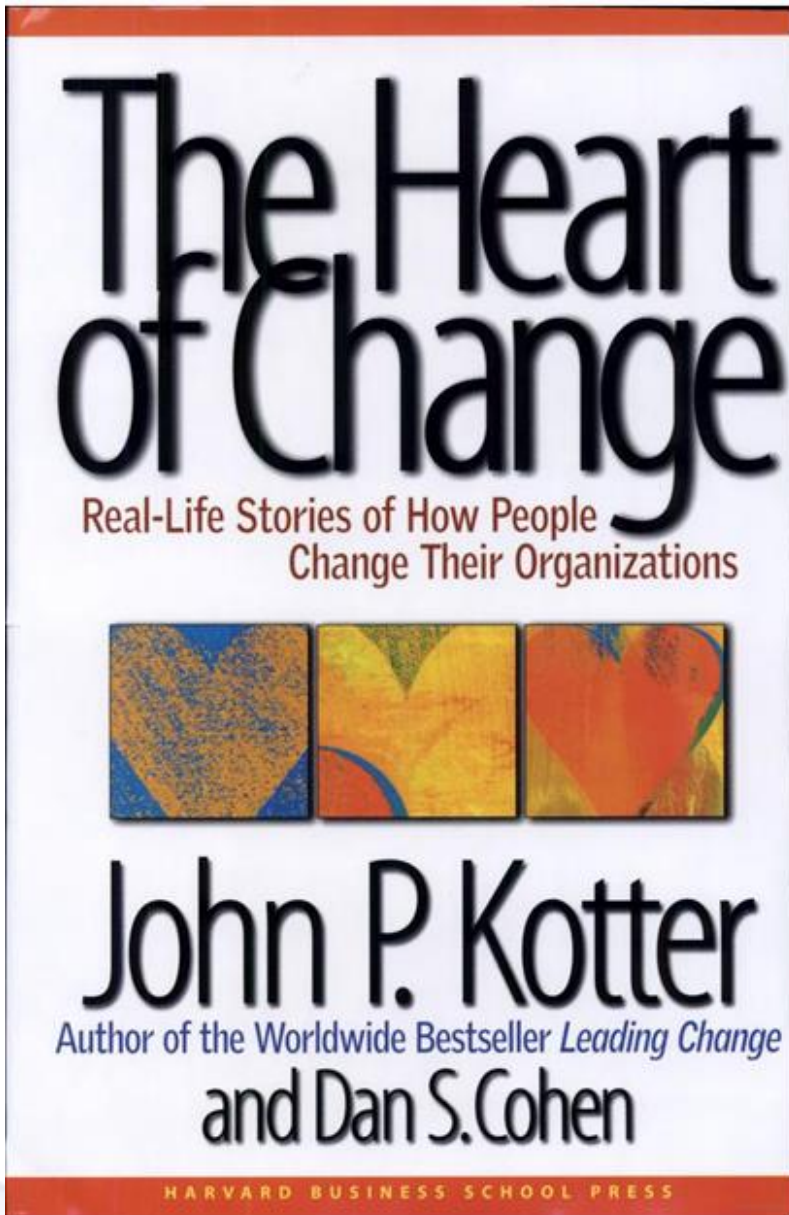
# Summary

# The positive energy

A man with glasses and a red and white striped shirt is pointing at a whiteboard. The whiteboard has a diagram with the word 'Why' in a circle above the word 'How'. The man is smiling and looking at the whiteboard.

Simon Sinek

Video can be found on [www.TED.com](http://www.TED.com)



# Beginning

- What does it take to change?
- Where do I start?



# An & Ria's first flight

# Summary

- What have you learned?
- What are you going to do?