



HELP EACH OTHER

People who respect each other help each other. They support each other as teammates and as people. Not only does this mean that teammates will have richer, more positive relationships at work but also when there is a culture of support, employees won't be afraid to ask for help. This ultimately makes everyone more comfortable and effective in his or her job.

Find someone in your house and ask them if you can help them with anything. Report back what you did to help by emailing us at myrmidonwrestling@gmail.com