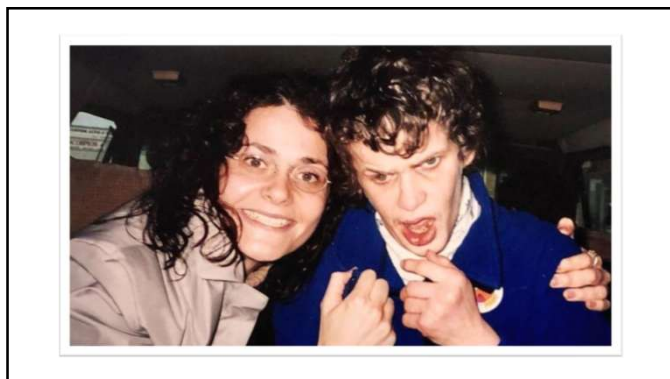




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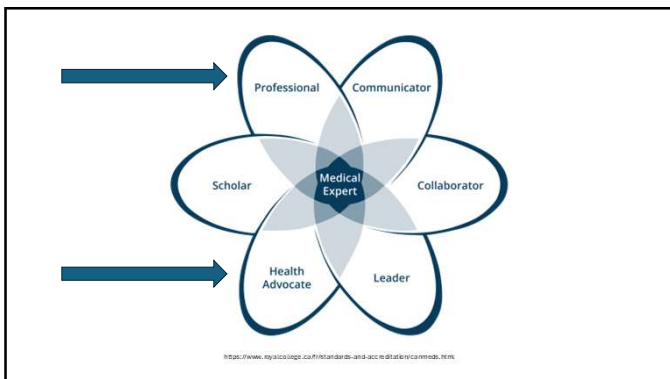
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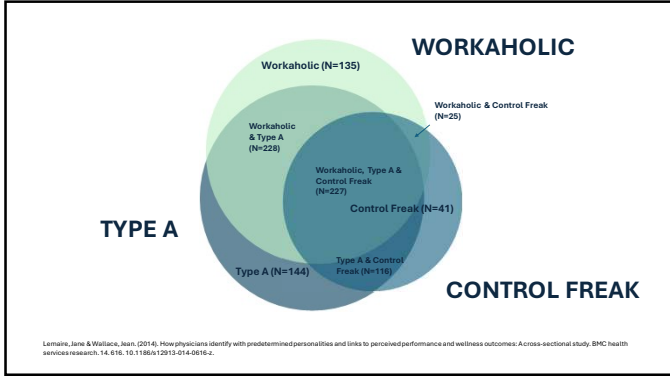
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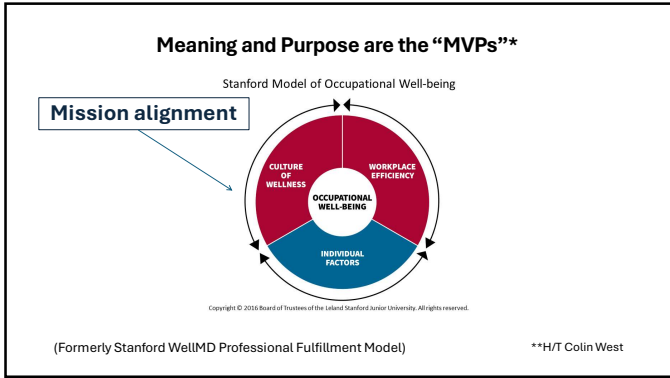
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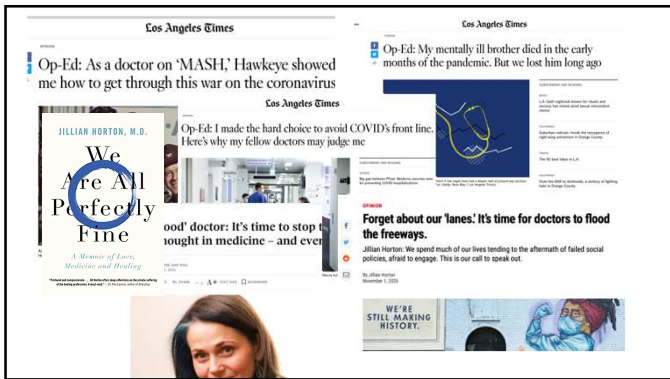
13

“Every successful intervention to combat burnout connects back in some way to meaning and purpose.”*

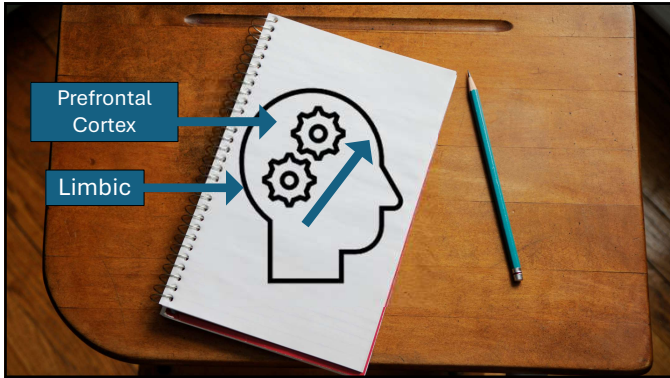
- Colin West

*Oral lecture, October 30, 2025

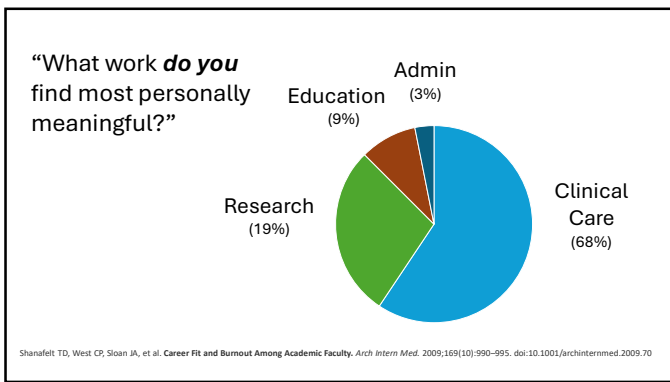
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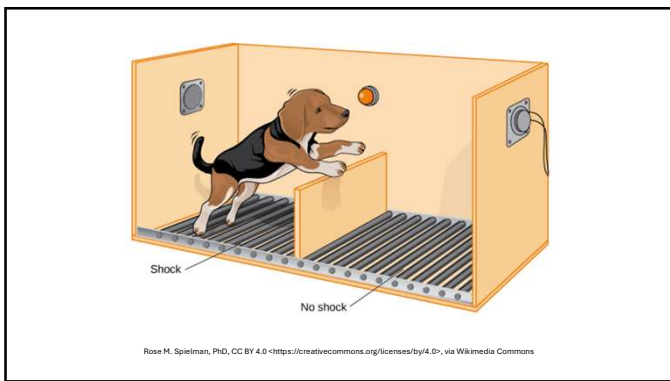
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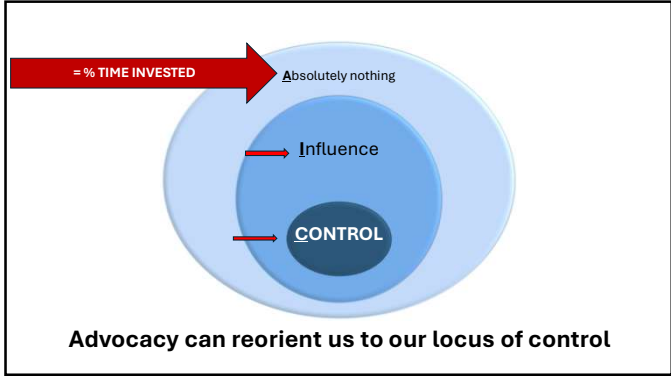
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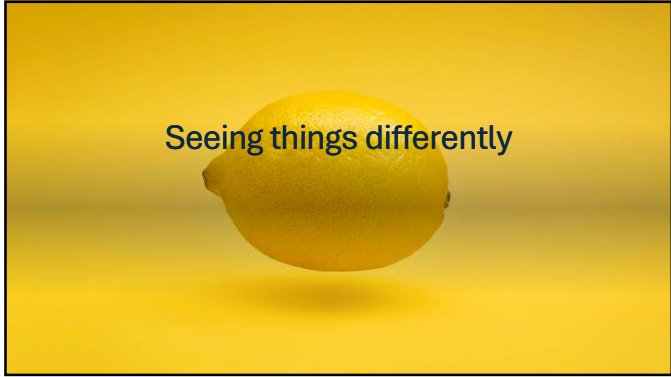
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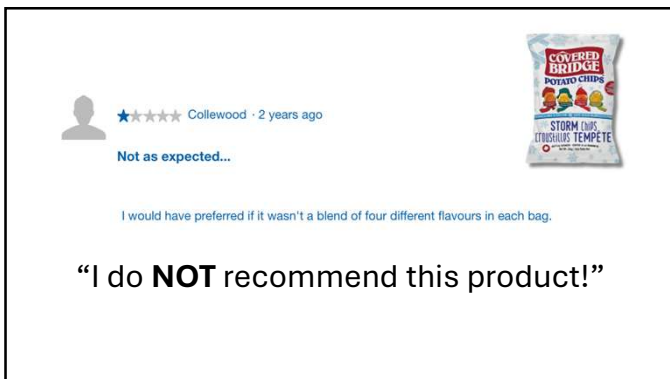
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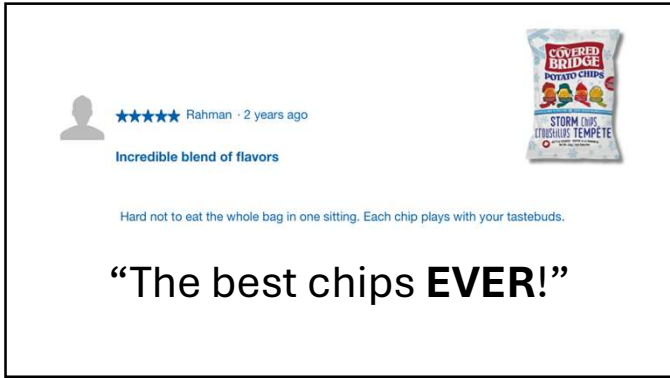
22



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24



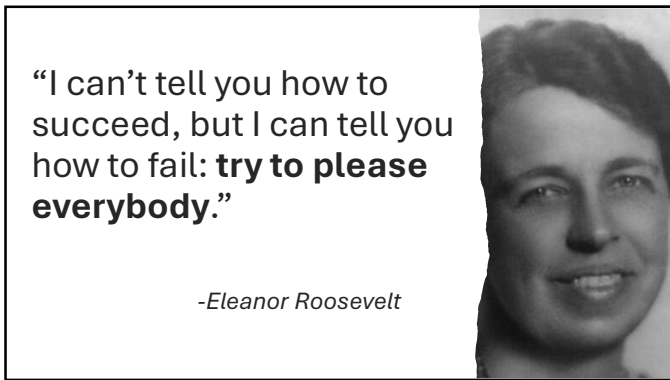
★★★★★ Rahman · 2 years ago

Incredible blend of flavors

Hard not to eat the whole bag in one sitting. Each chip plays with your tastebuds.

“The best chips **EVER!”**

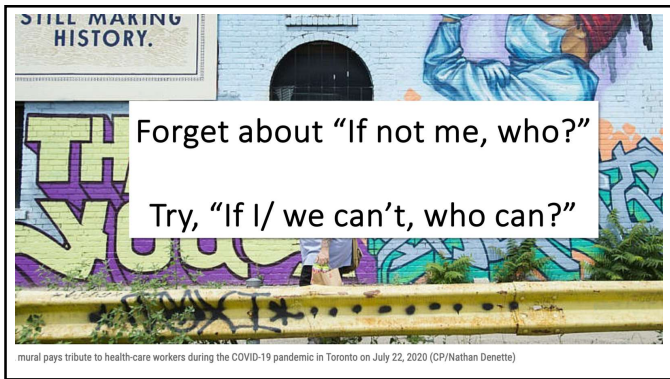
25



“I can't tell you how to succeed, but I can tell you how to fail: **try to please everybody.”**

-Eleanor Roosevelt

26



STILL MAKING HISTORY.

Forget about “If not me, who?”
Try, “If I/ we can't, who can?”

mural pays tribute to health-care workers during the COVID-19 pandemic in Toronto on July 22, 2020 (CP/Nathan Denette)

27

"I don't have time"



Try **"supportive"** advocacy instead.

→ **"VALUED"**


28

Supportive Advocacy (VALUED):

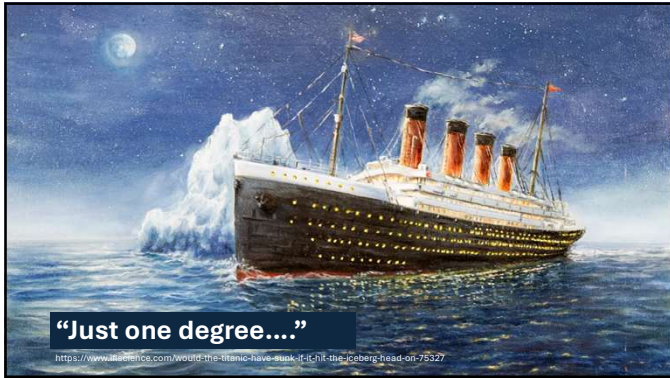
- V**alidate
- A**mplify
- L**end
- U**nite
- E**ncourage
- D**efend

29

We give up on hope...it all seems impossible



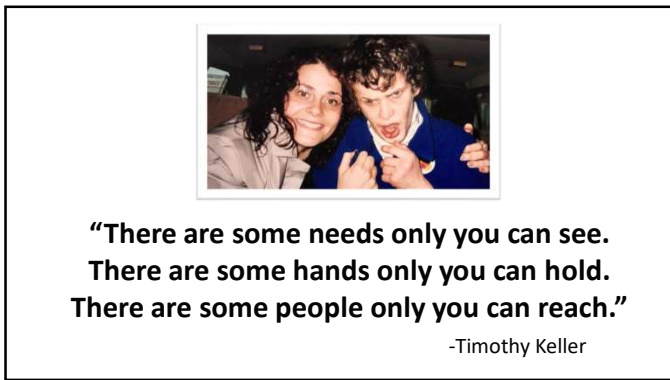
30



“Just one degree...”

<https://www.allreference.com/world-the-titanic-have-thunk-if-it-hit-the-iceberg-head-on-75327>

31



**“There are some needs only you can see.
There are some hands only you can hold.
There are some people only you can reach.”**

-Timothy Keller

32
