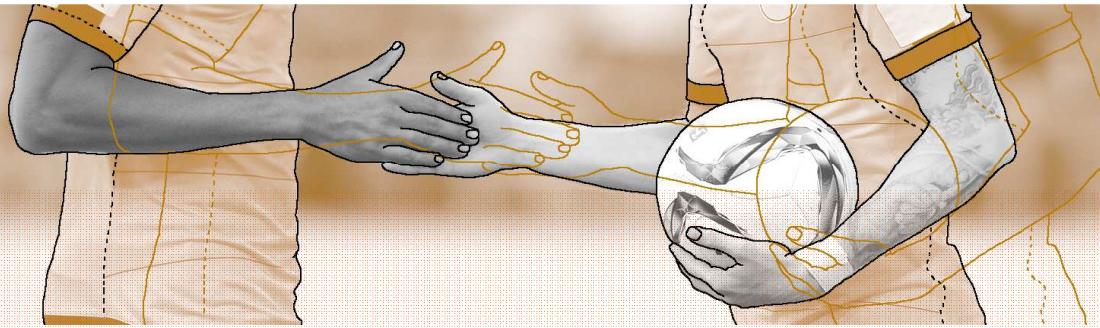


TEACHING RESOURCES FOR FAMILIES

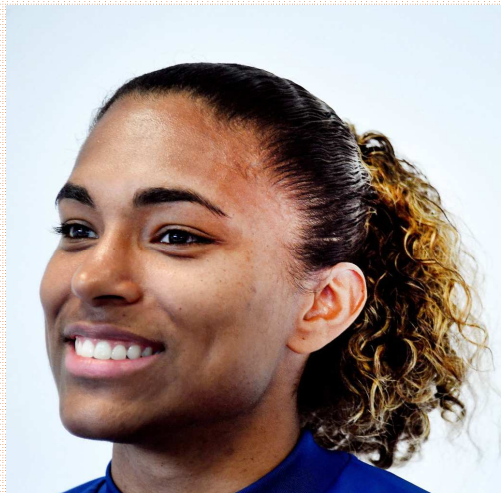


Catarina Macario says: “It was not good enough to be good. I needed to be the best”

Ekkono questions:

What does it mean to always want to get better?

What do we need to continuously strive?



The value of: always want get better

Ekkono believes that the right motivation work contributes to giving value to an individual's own effort, perseverance, resilience and the development of an individual's abilities, and will allow us to continue improving.

Catarina Macario, Brazil
Wons the UEFA Women's Champions: 2021–22 with Lyon