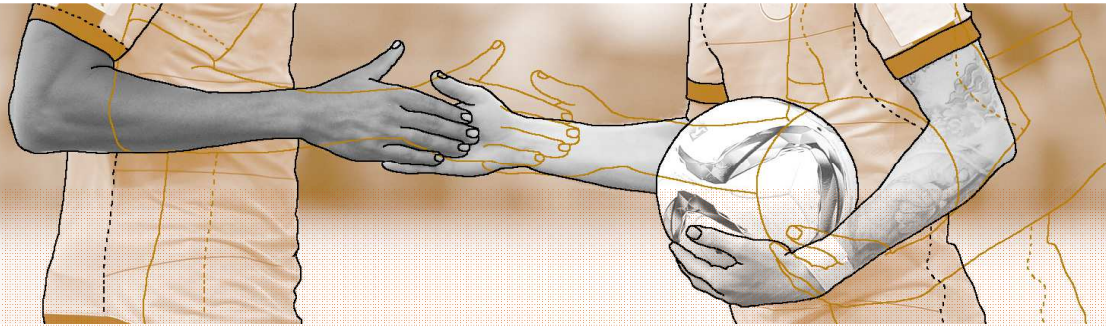


## TEACHING RESOURCES FOR FAMILIES



Yaya Touré says: “I learned why commitment and hard work is so important if you want to make it”

### Ekkono questions:

Is your commitment to quality training, learning, practice, preparation and performance strong enough to help you achieve your goals?



### The value of: Commitment

Commitment guides you in the search for self-improvement. If you are willing to commit, you can do almost anything; If you don't commit, high-level goals are virtually impossible to achieve.

