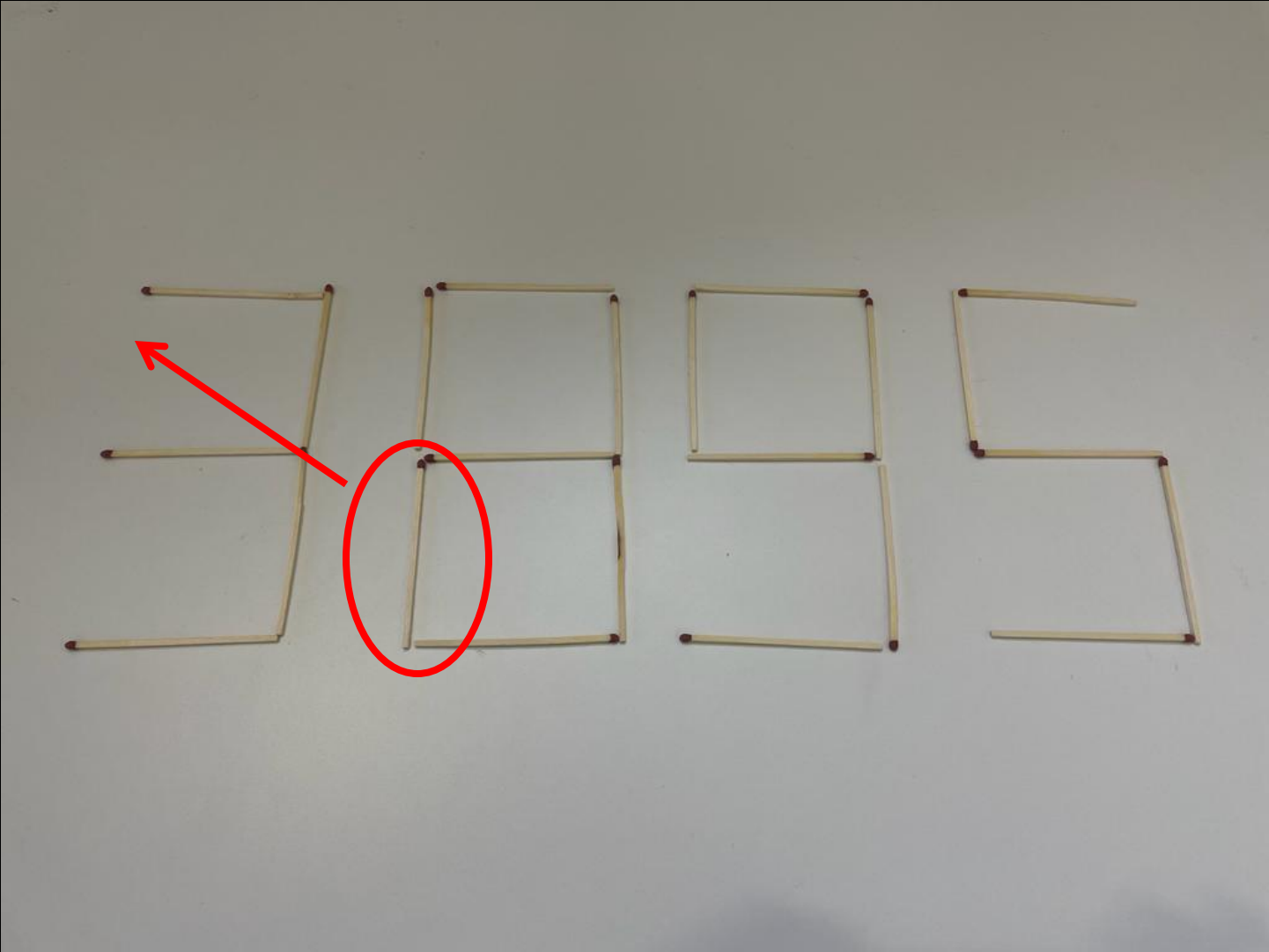
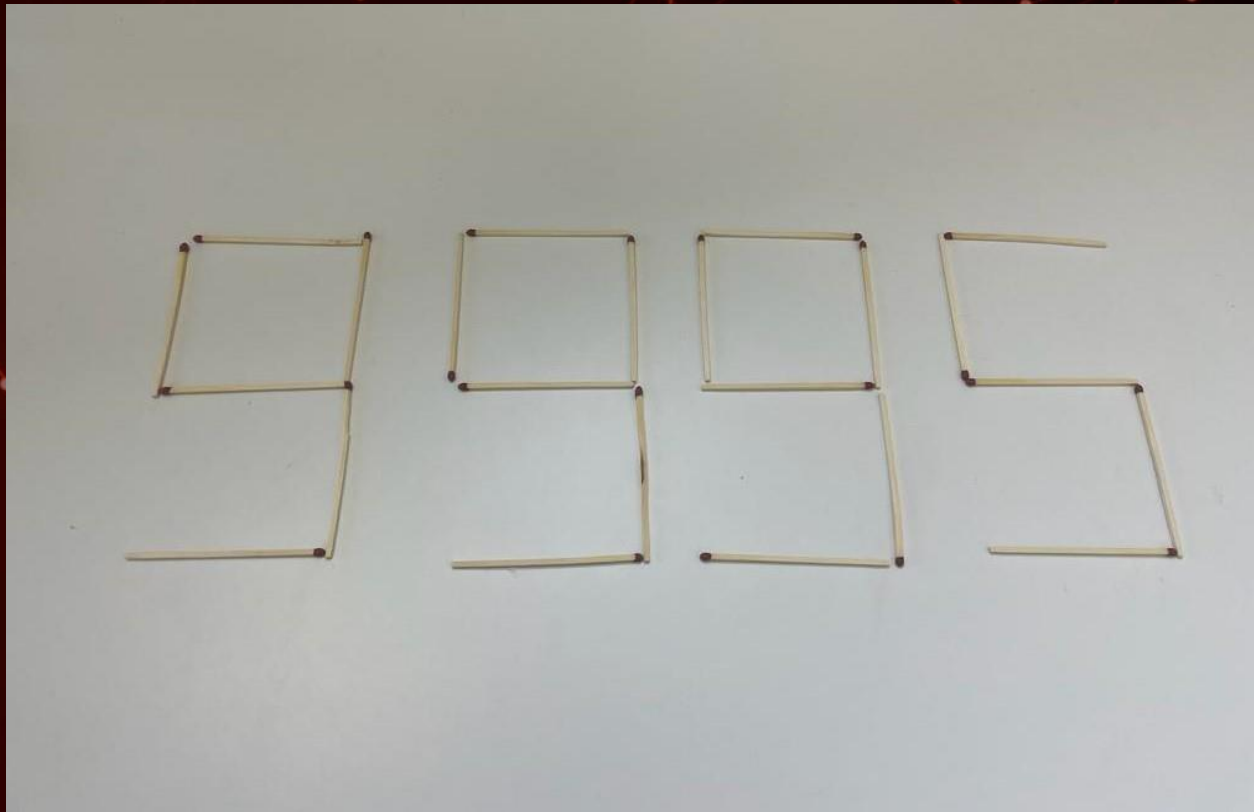


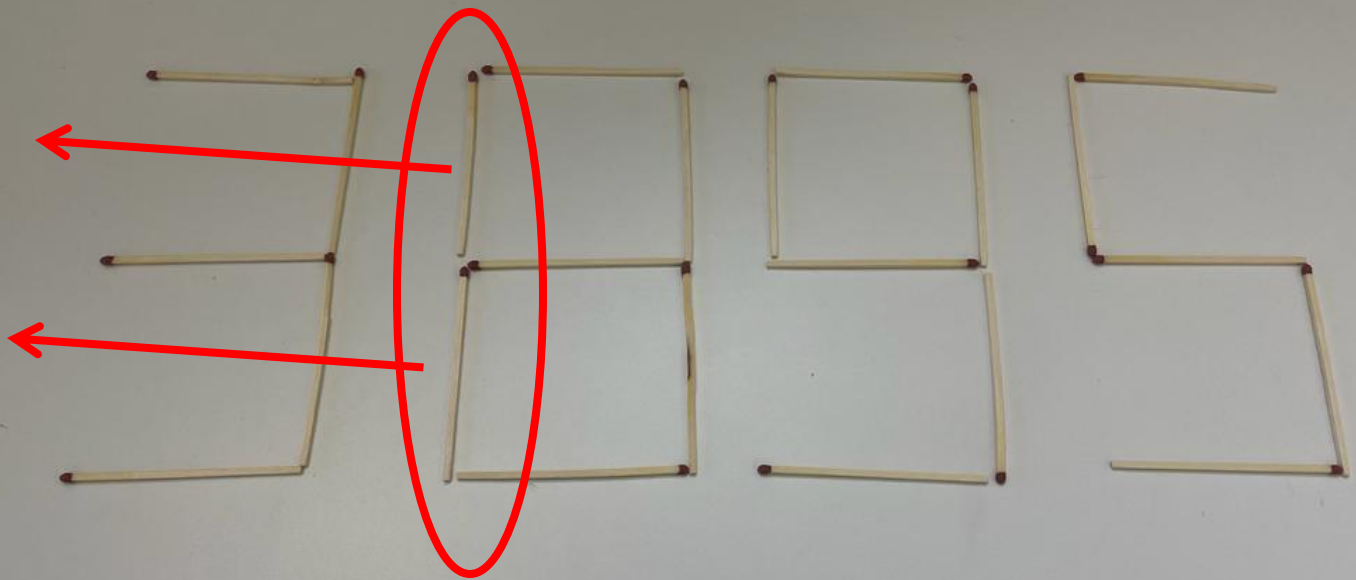


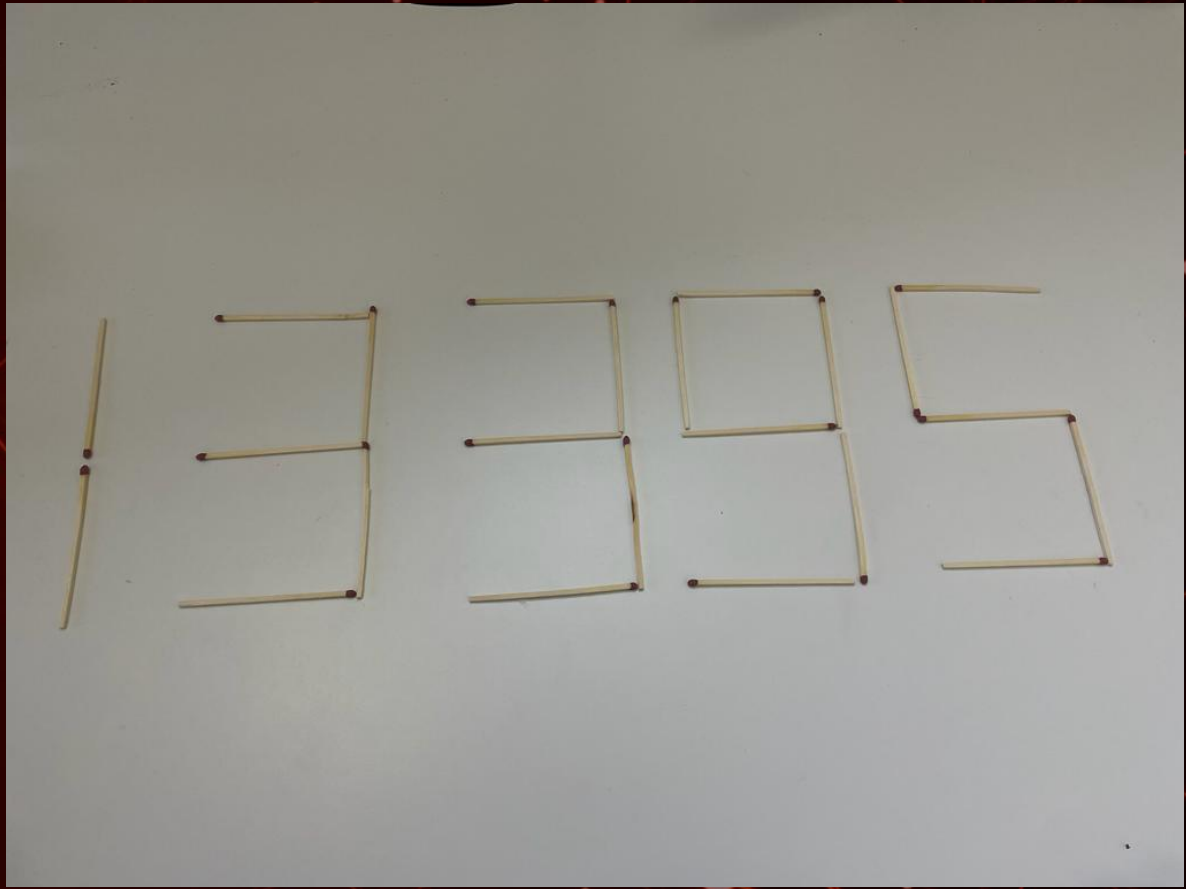


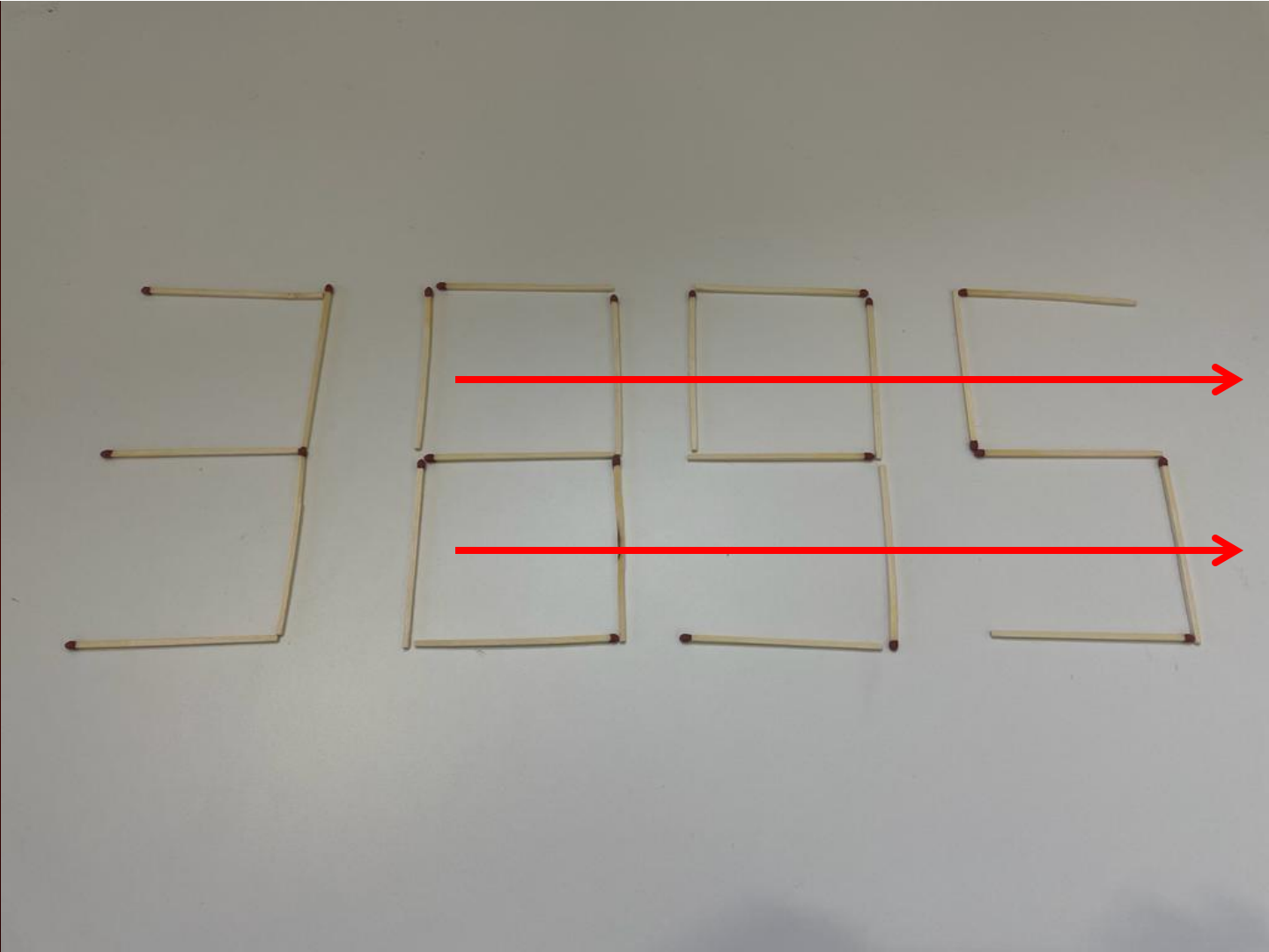
- Make an Even Bigger Number
- 2 Sticks High
- Must be an Actual Number (not a symbol)
- Different Versions of Numbers
- Reset Every Time Back to 3895

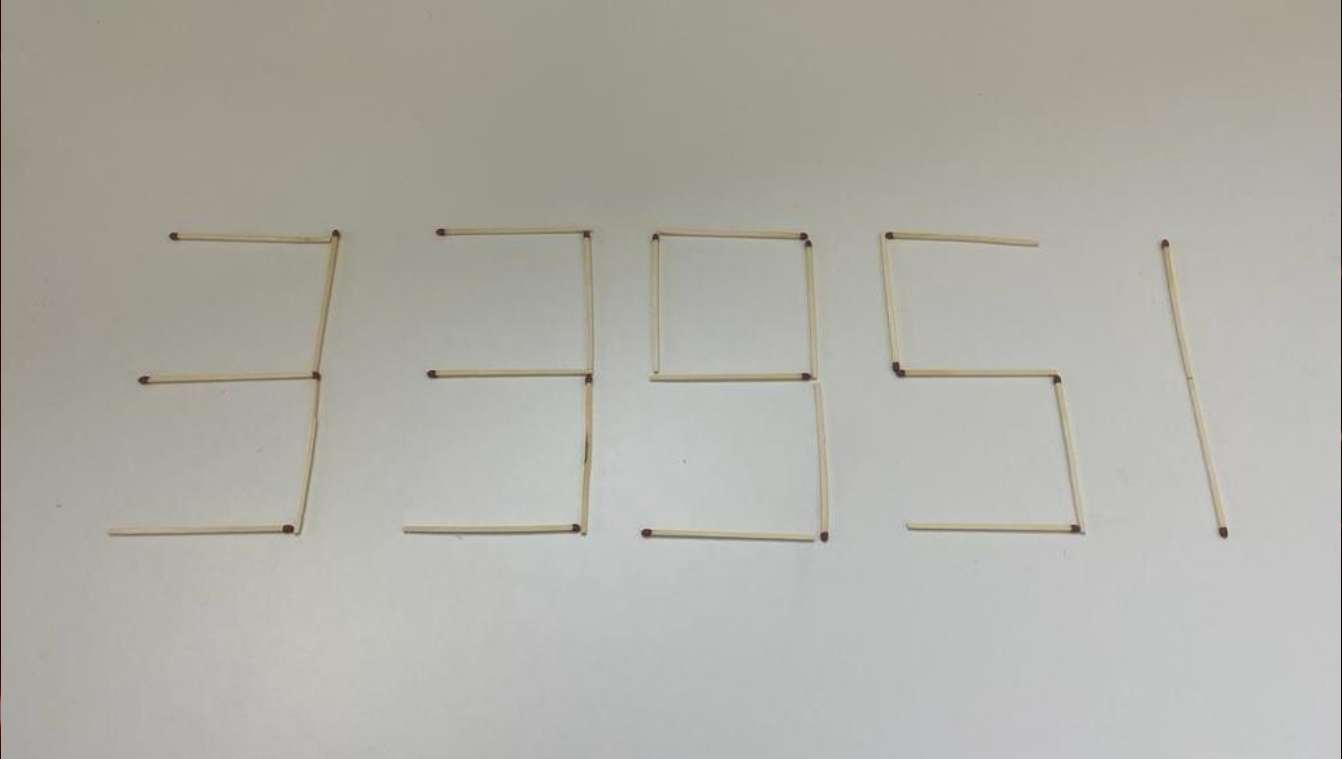


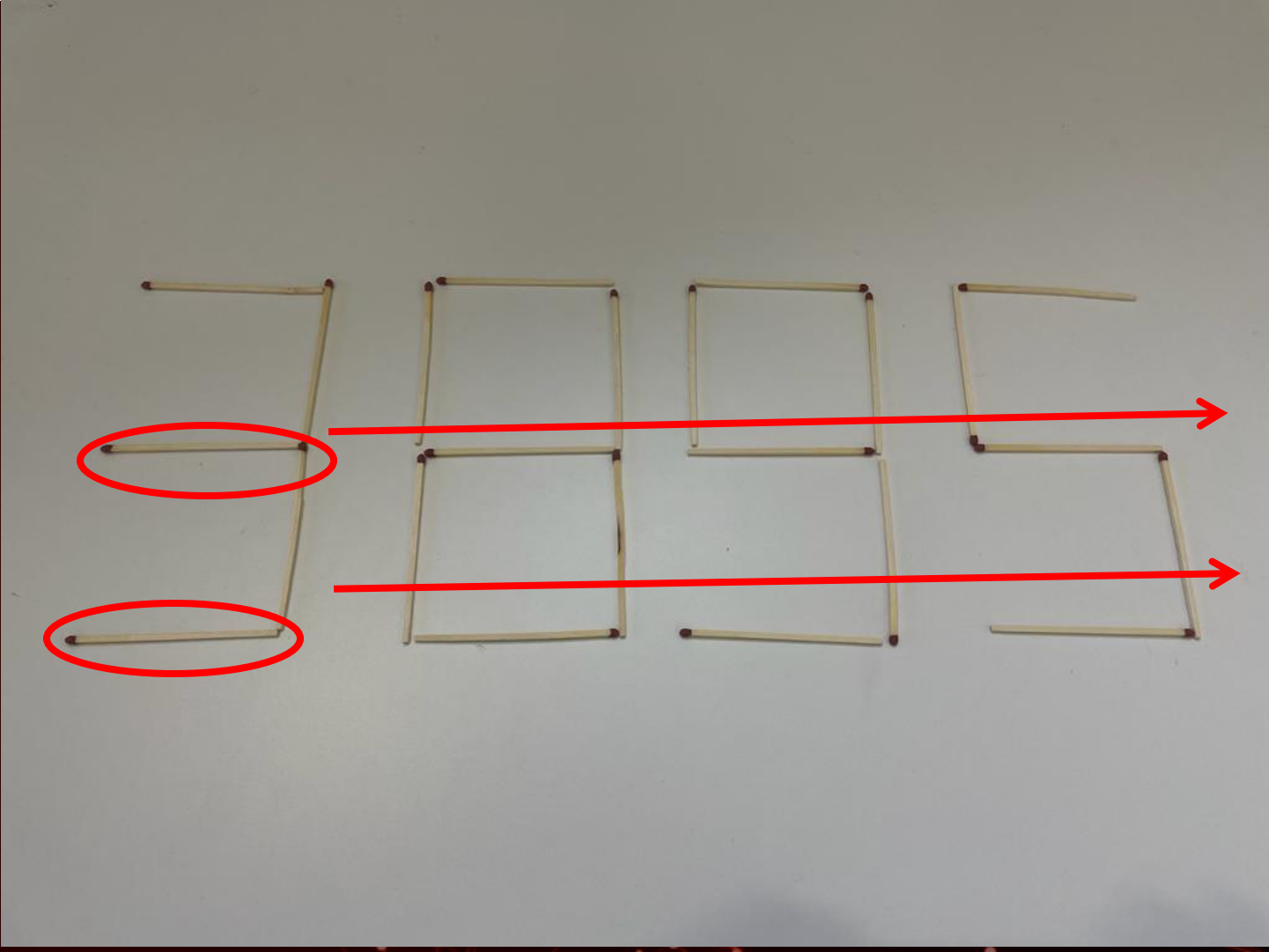


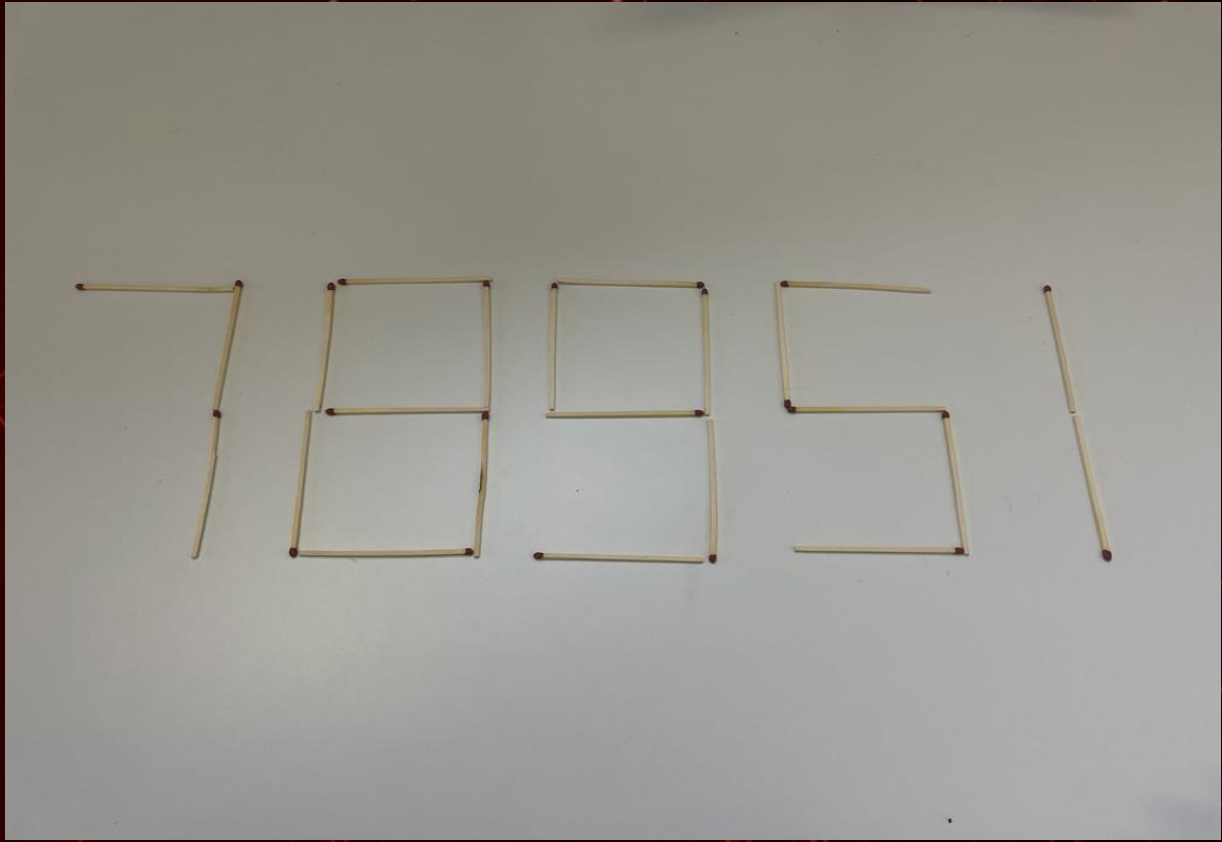


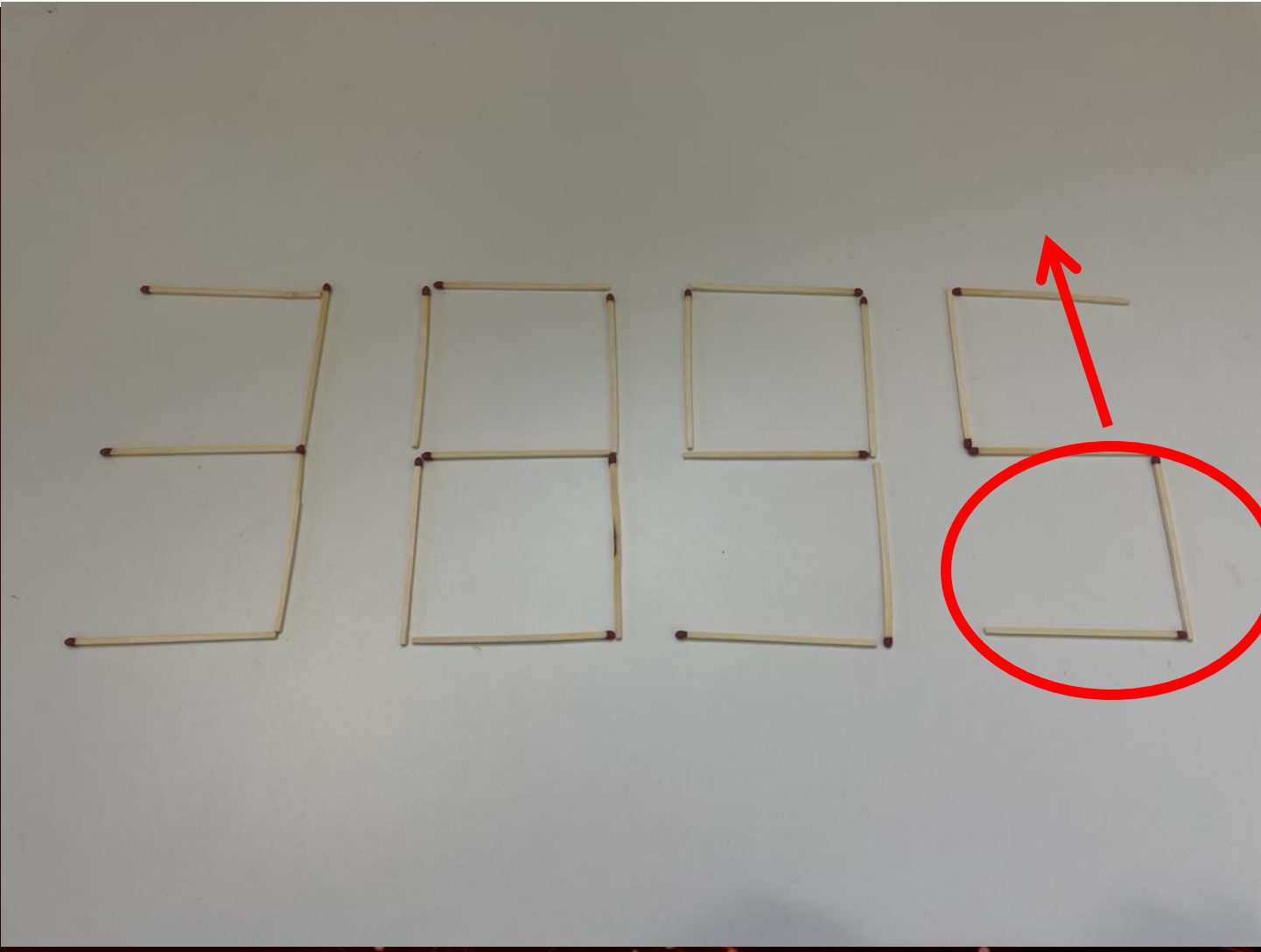


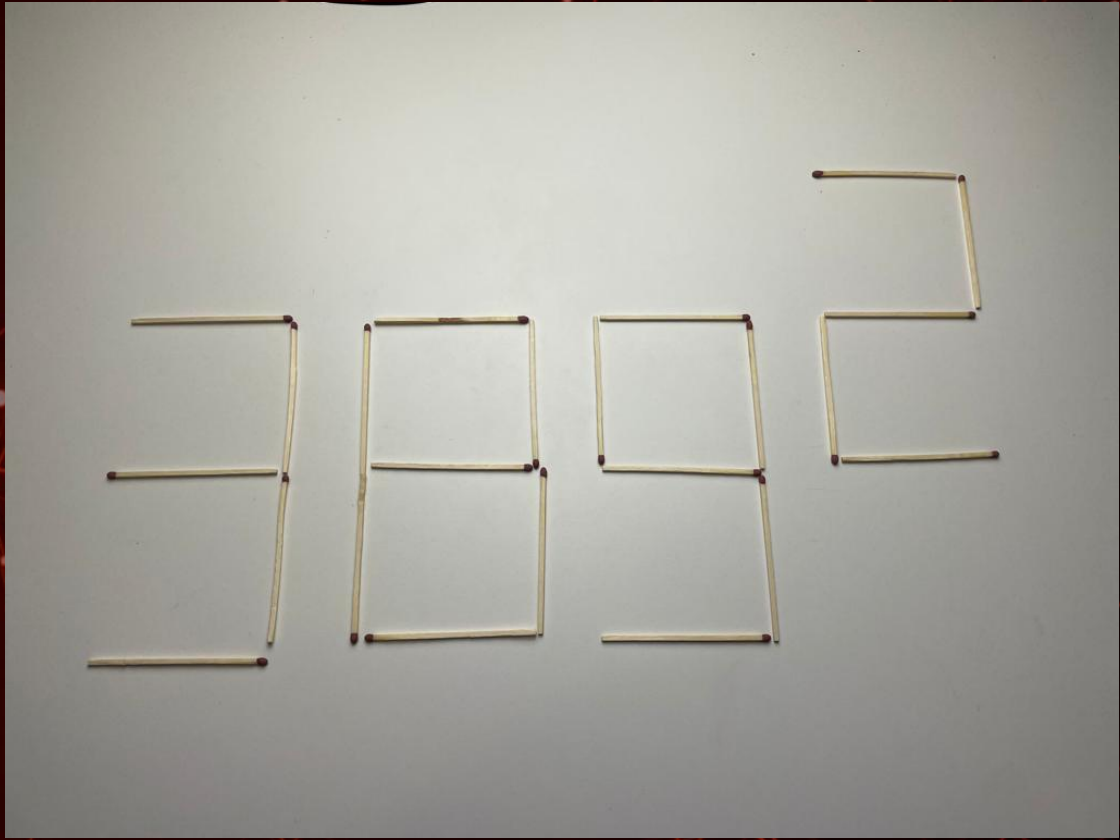














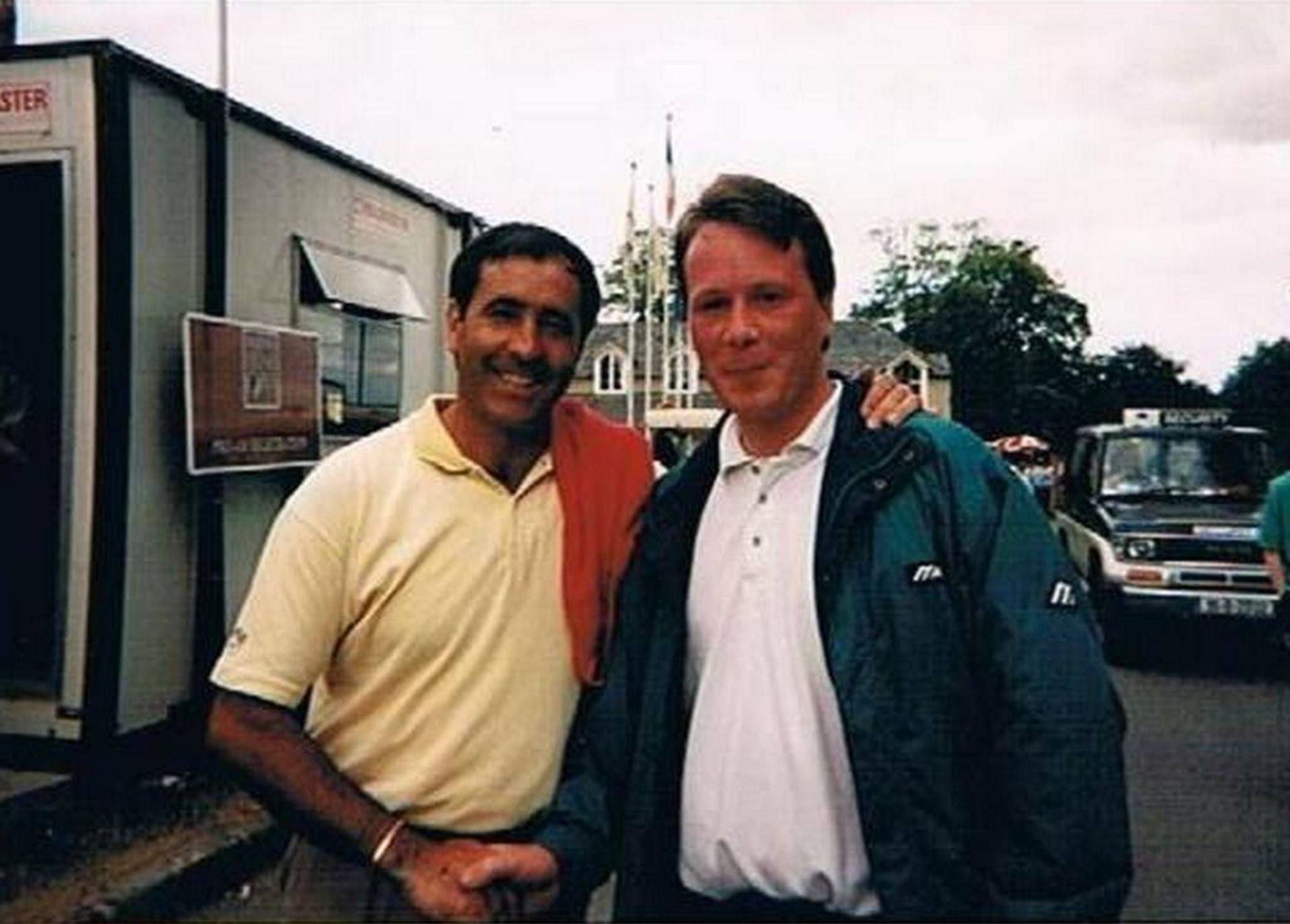
Start – 3,895

Finish - 151,321

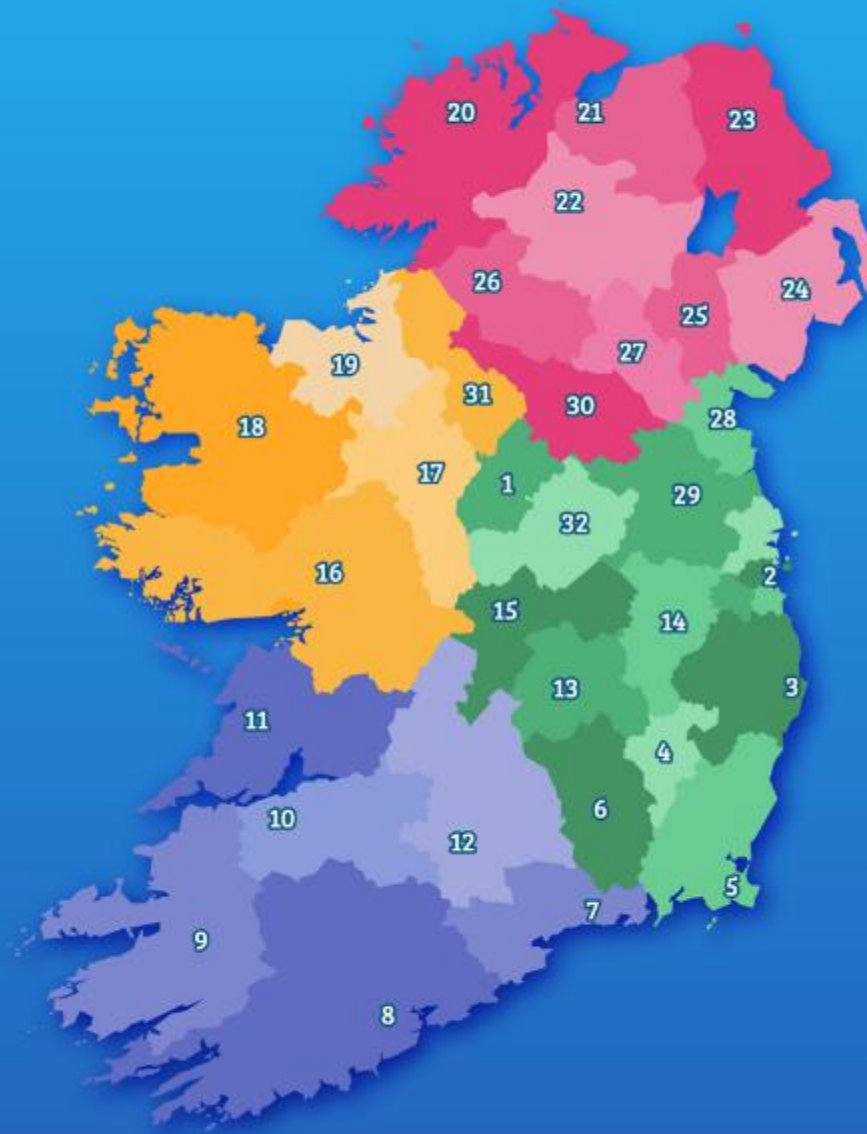
“

Achieving the highest possible outcomes, with the resources available to you, over a consistent period of time.





32 MARATHONS IN 32 CONSECUTIVE DAYS



Marathon No 1	Longford
Marathon No 2	Dublin
Marathon No 3	Wicklow
Marathon No 4	Carlow
Marathon No 5	Wexford
Marathon No 6	Kilkenny
Marathon No 7	Waterford
Marathon No 8	Cork
Marathon No 9	Kerry
Marathon No 10	Limerick
Marathon No 11	Clare
Marathon No 12	Tipperary
Marathon No 13	Laois
Marathon No 14	Kildare
Marathon No 15	Offaly
Marathon No 16	Galway
Marathon No 17	Roscommon
Marathon No 18	Mayo
Marathon No 19	Sligo
Marathon No 20	Donegal
Marathon No 21	Derry
Marathon No 22	Tyrone
Marathon No 23	Antrim
Marathon No 24	Down
Marathon No 25	Armagh
Marathon No 26	Fermanagh
Marathon No 27	Monaghan
Marathon No 28	Louth
Marathon No 29	Meath
Marathon No 30	Cavan
Marathon No 31	Leitrim
Marathon No 32	Westmeath



A triathlete in a black wetsuit is swimming in the ocean. The sun is low on the horizon, creating a golden glow. The water is dark, and the triathlete's arms are extended forward in a swimming stroke. A green and black bag is floating in the water to the right.

TICK, TOCK, TEN

On June 3, 2011 Irishman Gerry Duffy and 19 other competitors lined up at the start of the UK 'DECA' Endureman Iron distance triathlon to:

SWIM 2.4 MILES
CYCLE 116 MILES AND
RUN 26.2 MILES (A MARATHON)
EVERY DAY... FOR 10 CONSECUTIVE DAYS

151,321

78,951

39,951

17,951

13,395

9,999

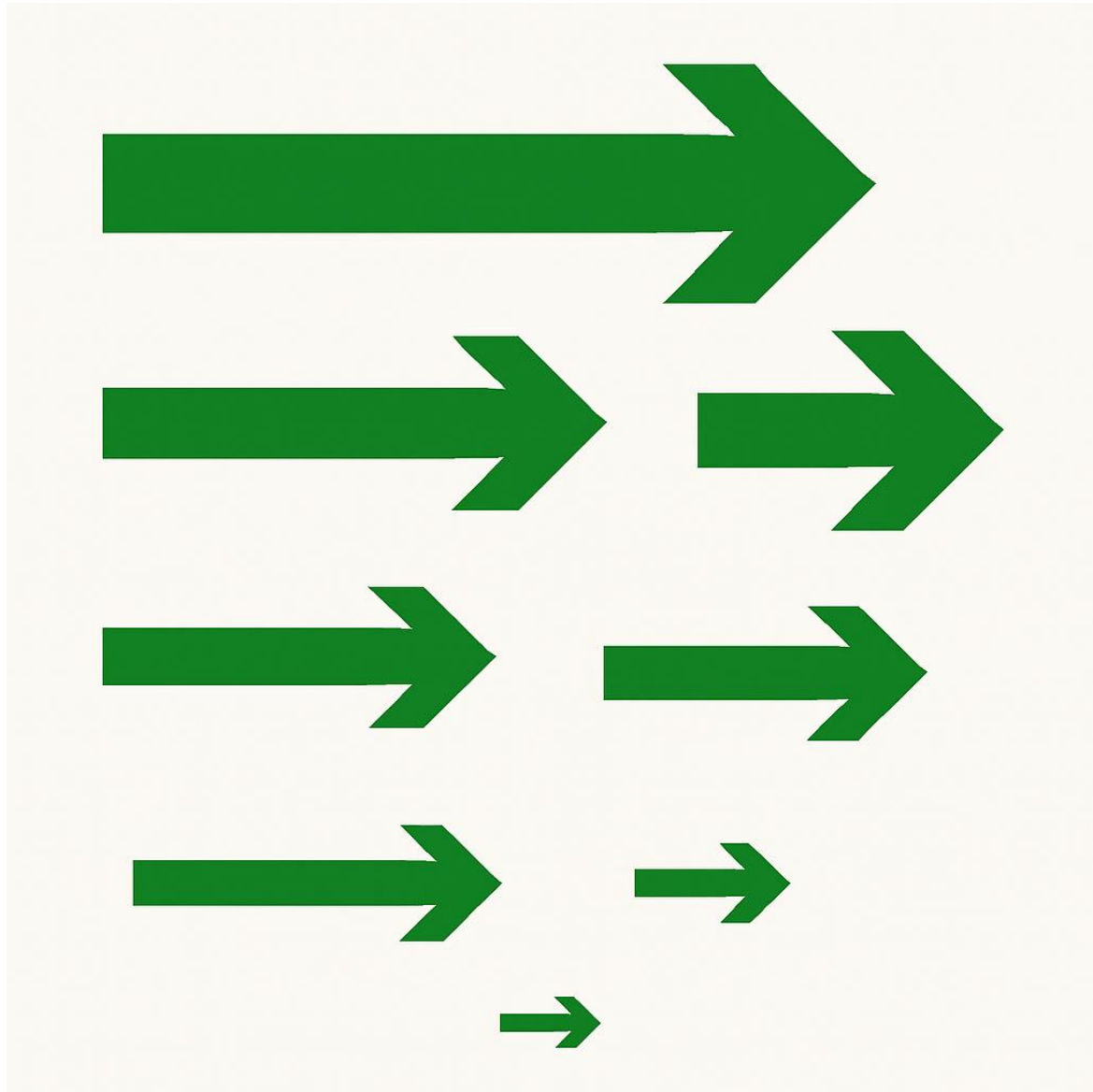
3,895

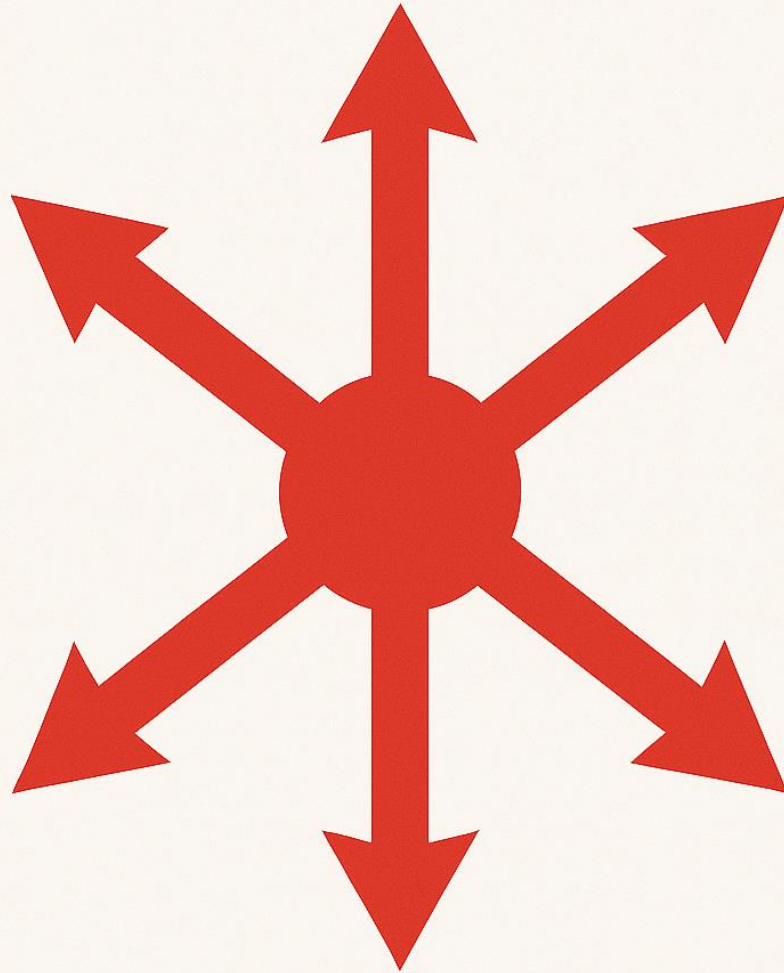


- Technical Knowledge
- Academic Insights
- Peoples Experience
- Systems and Processes
- IT
- Marketing



1. Clarity - *Provide Direction*







NATIONAL BEST-SELLER

The **FOUR**
OBSESSIONS
of an
EXTRAORDINARY
EXECUTIVE

A LEADERSHIP FABLE



PATRICK LENCIONI

AUTHOR OF THE NATIONAL BEST-SELLER *THE ADVANTAGE*



AVONMORE
ELECTRICAL



AVONMORE
ELECTRICAL



Our Mission:
Keep Industry Running





2. SAFE SPACE



Psychological Safety is a **shared belief within a team** that it's OK to speak up, ask questions, take risks, and make mistakes without fear of repercussions.

Meetings/Ideas/Contributions



PETER
MARY
MARK
FRANCES



PETER
MARY
MARK
FRANCES

RTE ONE



KILKENNY ANIMATED



FRIDAY 30TH SEPT - SUN 2ND OCT 2022



-2 mins

**What sparks joy for you in
animation?**

3. Relationships Matter





404

62

78

44

55

39

70

88

91

49

A young child with short brown hair and black-rimmed glasses is smiling. They are wearing a blue and white striped cardigan over a white shirt. The child is holding a bright green watering can high in their right hand, and a spray of water droplets is visible coming from the spout. The background is a dark green wall with a vertical ruler on the left side. The text '4. People Development' is overlaid at the bottom in white.

4. People Development



ASTON VILLA FOOTBALL CLUB



















PARK
SINCE 1897

Trinity Road

Trinity Road
















5		Manchester United	10	6	1	3	15	15	0	19	W L W D W	▼
6		Newcastle United	11	4	6	1	18	9	9	18	D W W D W	▼
7		Liverpool	10	4	4	2	22	12	10	16	D D L W W	▼
8		Brighton And Hove Albion	10	4	3	3	14	11	3	15	W D L L D	▼
9		Fulham	11	4	3	4	19	20	-1	15	W L L D W	▼
10		Brentford	11	3	5	3	18	17	1	14	L D L W D	▼
11		Crystal Palace	10	3	4	3	12	13	-1	13	D L W D W	▼
12		Bournemouth	11	3	4	4	10	23	-13	13	D D W D L	▼
13		West Ham United	11	3	2	6	9	12	-3	11	L W W D L	▼
14		Southampton	11	3	2	6	10	18	-8	11	L L L D W	▼
15		Everton	11	2	4	5	8	12	-4	10	W W L L L	▼
16		Leeds United	10	2	3	5	11	15	-4	9	L D L L L	▼
17		Aston Villa	11	2	3	6	7	16	-9	9	W D D L L	▼
18		Wolverhampton Wanderers	11	2	3	6	5	14	-9	9	L L L W L	▼
19		Leicester City	11	2	2	7	17	24	-7	8	L W L D W	▼
20		Nottingham Forest	11	1	3	7	7	23	-16	6	L L D L D	▼

End of the same season..

Premier League

Position	Club	Played	Won	Drawn	Lost	GF	GA	GD	Points
1	 Manchester City	38	28	5	5	94	33	61	89
2	 Arsenal	38	26	6	6	88	43	45	84
3	 Manchester United	38	23	6	9	58	43	15	75
4	 Newcastle United	38	19	14	5	68	33	35	71
5	 Liverpool	38	19	10	9	75	47	28	67
6	 Brighton And Hove Albion	38	18	8	12	72	53	19	62
7	 Aston Villa	38	18	7	13	51	46	5	61

The following season..

Season								
2023-24 ▾								
Club	MP	W	D	L	GF	GA	GD	Pts
1  Man City	38	28	7	3	96	34	62	91
2  Arsenal	38	28	5	5	91	29	62	89
3  Liverpool	38	24	10	4	86	41	45	82
4  Aston Villa	38	20	8	10	76	61	15	68



1. Clarity
2. Safe Space
3. Relationships Matter
4. People Development





5. Put our Core Values to Work

**Learning
Everyday**



Safe Space



**Better
Together**




**Quality of
Our Work**




**Customer
Satisfaction**



← ...

 **Gerry Duffy** · You
MBS - International Speaker- Deliv...
22h · Edited · 🌐

That's a Presentation Wrap for 2024! # thanks






Captions are auto generated 01:01

So it's the Thursday before Christmas and I've just

Auto captions have been added to the video ×

[Edit captions](#)

   39 7 comments


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10:06 LTE 60

← ...

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 **Gerry Duffy** **Author** 21h ...
MBS - International Speak...
[Brian Barry](#) Thanks Brian - You too 🎄

[Like](#) | [Reply](#)

 **Stephen Downey** · 1st 2h ...
· Keynote Speaker · Mindful W...
Wishing you a great Christmas Gerry. See you in the New year.

[Like](#) ·  1 | [Reply](#)

 **DERRY SHEEHAN** · 1st 13h ...
Owner/ MD of Avonmore Elect...
Merry Christmas, Gerry , and Thank You for getting us places we only dreamt of 🙌

[Like](#) ·  1 | [Reply](#) · 1 reply

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