

# Sustaining the Journey presents...



*As a tool to draw us out of the world's negative vortex, and to help sustain your journey through the week, Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”

– Steven Spielberg

“Geese always support each other. When a goose gets injured two birds always accompany it down to the ground. Just as geese do, we must support each other.”

– Emma Hayes

*Emma Carol Hayes is an English professional football manager who is the head coach of the United States women's national soccer team. In 2024, she coached the US women's national team to a gold medal in the Paris Olympics.*