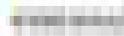
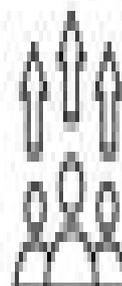
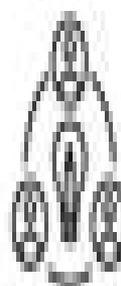
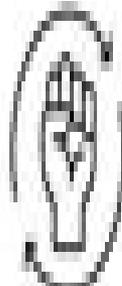
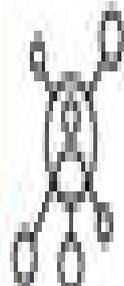
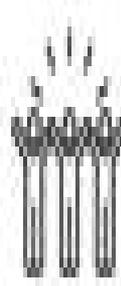
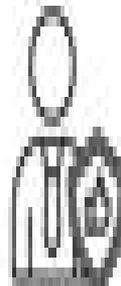
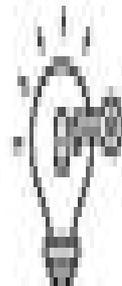
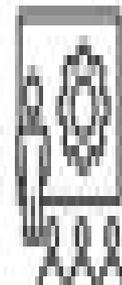
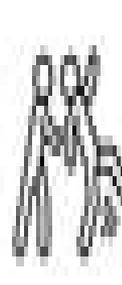
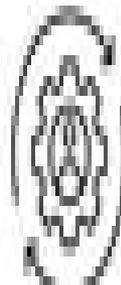
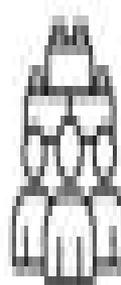
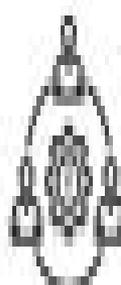
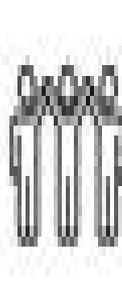
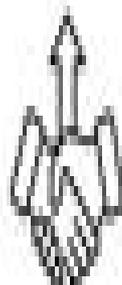
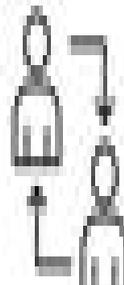


TEAM BUILDING

ICONS



# Essentials Of Team Building

**Gavan Titley, Council of Europe.  
Directorate of Youth and Sport, Goran  
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web equipment body only 1 arm handstand begin in a free handstand with your legs straddled wide shift some weight to your right arm and take your left hand off the ground as you shift onto your right arm don t think hips over arm think working side

s leg down this will automatically will raise your opposite leg

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web nov 11 2023 2 bring your legs down one at a time when you re ready to exit your handstand coming down is exactly like going up only in reverse extend one leg and carefully lower it down in front of your body as you shift your weight into your palms touch down with the ball of your foot then lower your other leg

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web jun 26 2023 here are the steps start in a lunge your arms should be straight above your head and your dominant leg should be in front slightly bent kick up to handstand you want to feel vertical and try to hold the straight body position by squeezing your bottom lower one leg at a time to land in a

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web nov 3 2014 i m a bit more than half way through foundation on all but two of the 7 elements which i am stuck just before being half way through on and am 75 done with handstand 1 and am about to start handstand 2

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web mar 24 2015 work on the pes in order starting from the first wall handstand one pe7 don t worry too much about following the exact schedule but aim for mastery before moving on at the same time do whichever of the earlier pes are most difficult or feel like weaknesses headstands pe6 for me atm

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web review question objective the objective of this scoping review is to examine and map the use of motivational interviews mi by nurses in their clinical practice with adolescents to promote health behaviors more specifically the review will focus on the following questions what is the current nature and extent of use of nurse led mi in the

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web in this article we discuss motivational interviewing mi an evidence based technique for nurses to help patients make healthier lifestyle choices related to maladaptive behaviors both psychological and physiologic 7 8 this collaborative goal oriented style of communication focuses on the language of change and is designed to strengthen a

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