

## The Training Post – Winter 2026 QC Responses

### **What aspect of the Olympic Spirit resonates with you in regard to personal and professional development, and why?**

1. The aspect of the Olympic spirit resonates with me is the idea of working hard and never giving up. It is not just about winning, it is about doing your best improving yourself. This makes me want to keep learning and growing personally and in my career. It also important of teamwork and fairness, which are essential for building good relationships at work. Overall, it shows that success comes from effort and resilience.

**Jayashari P. DEP**

2. Resilience, pushing yourself to improve and do better one day at a time, accepting your shortcomings and the willingness to improve on those, setting realistic objectives, patience and perseverance are all an essential part of personal and professional growth.

**Priya N. DHS**

3. The Olympic Spirit inspires me to stay positive, work hard, and never give up, no matter the challenges I face in life or work.

**Tabbu V. Treasury**