



## Transform Your Team – 30<sup>th</sup> October 2017. It's not about time, it's about how you use the time

### #The Essential News Story

For most people, the clocks changing in October every year cause little more than the inconvenience of having to change your watch. Or does it? Various research has shown the 60-minute difference actually has a quantifiable impact and has even lead to campaigns calling for it to be scrapped completely.

We didn't always have the daylight savings system in the UK - it was only introduced during the Second World War to help munitions factories maximise productivity and allow people to get home safely before the blackout. So, if the clocks changing really is such a big deal news, what impact can we really expect to feel when they went back this weekend.

We can view this change positively or negatively and the choice as always remains with us. So first the negative approach

- It will disrupt our sleep cycle.
- It can make our skin worse.
- It increases the likelihood of having a heart attack. - your circadian rhythm is disrupted
- It increases your stroke risk. - your circadian rhythm is disrupted
- It causes more road accidents
- It can put us in a bad mood
- It costs us more money

### View from @PhilJBish

The most commonly used excuse for getting away with not accomplishing your goals is: "I just don't have time for it." But it's not true in the end, is it? After all, everyone gets 24 hours a day to go about their lives, and yet I'm sure you know at least one person who's always on top of their to-do list without cutting down on sleep and relaxation.

The only difference between successful people and the "average Joe" is that the former knows how to manage their priorities. It's not about time, in the end. It's about priority. The only thing you're lacking is your priority list.

### Keys to Good Time Management

**Assume Responsibility** – for your use of time.

**Seek Guidance** - on what good works you can accomplish.

**Plan your Schedule** – plan your schedule and set your goals and dreams.

**Stay Organised** – maintaining things in an orderly fashion

**Rely on Wisdom** – it's all about timing, when something should be done

**Eliminate the Unimportant** – focus on what you need to truly accomplish

**Review your day** – review the way you have spent your time

Give your time to the things that energize you and avoid the things that don't

### Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CC my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers, and families.

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