



## Transform Your Team – 5<sup>th</sup> June 2017 -How do we deal with change?

### #The Essential News Story

Change happens from instruction, a crisis, commitment to a goal, an acknowledgment to improve and through co-operation. We do not sometimes take instruction very easily or well. However, consider these instructions to a parent from a child's perspective as a child learns and develops they are always changing as part of growing up:

- **“My hands are small”** - Please don't expect perfection whenever I make a bed, draw a picture, or throw a ball.
- **“My legs are short”**. Slow down so that I can keep up with you.
- **“My eyes have not seen the world as yours have”**. Let me explore it safely, and don't restrict me unnecessarily.
- **“Housework will always be there; I'm only little for a short time”**. Take time to explain things to me about this wonderful world, and do so willingly.
- **“My feelings are tender**. Don't nag me all day long. Treat me as you would like to be treated.
- **“I am a special gift from God; treasure me as God intended you to”**. Holding me accountable for my actions, giving me guidelines to live by, and disciplining me in a loving manner.

### #Sport Fact

I firmly believe that sport does have the power to change lives. Through sport, children and individuals have the opportunity to gain confidence and a voice. It can help them realise or even exceed what they previously thought might be the limit of their potential. If sport is one of the first instances in life where an individual encounters failure and change, then their ability to make a choice on how to deal with that failure and change and in turn through that change to turn it into a positive outcome becomes crucial.

### View from @PhilJBish

On the 8<sup>th</sup> June, we will face another general election and another potential defining changing day in the political life of the UK. We should all think carefully how we should vote and what are the issues involved in this debate. What do you need to guide you to make an informed decision? We can only be certain of only three things are certain in life taxes, change and death? So, let us learn your ABC's which you need to remember in these changing times?

**A**ccept the challenge, **b**elieve in yourself, know the **c**hoices you make, **d**etermination to put your hopes into dreams, **e**xpect some obstacles, **f**ight on and be faithful to finish the course, **g**ravitate towards positive people, **h**ardy model of leadership, **i**nspire someone else, **j**ealously gets you nowhere, **k**eep on keeping on, be a leader, **m**ake every day count, **n**ever give up, **O**vercome your obstacles, **p**ut your best foot forward, **q**uit quitting, **r**un the race with patience, **S**trive on whilst still trusting, **t**ravel the long road to equality, **u**se your talents, **v**alue your time, **w**ait for understanding, **X**-ray your own lifestyle, **y**earn to achieve, **Z**ealously to reach the top., and then on 8<sup>th</sup> June make the right choice and put the **X** in the right box .



### Contact

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 and spiritual support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers and families. Please feel free to contact me whenever you need any support.

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