



Transform Your Team – 8th May 2017 -You Can Change

#The Essential News Story

I mentioned a few weeks ago the “values” of the ECB and that I might return to them. In writing this transform your team, I thought of the value “Push New Boundaries”. On the ECB web site Push New Boundaries is defined as follows:

- ★ We are bold, brave and curious
- ★ We challenge and don't settle
- ★ We forge the future whilst remembering our roots
- ★ We build ideas and don't unpick them too early
- ★ We inspire others to think and act differently. So, what stops and hinders us in our day to day work and life.

#Monday Sport

The famous “ALL Blacks” rugby team have a fantastic mind set and that is demonstrated in a fantastic win rate of over 75% over the last 100 years. Part of the mind set the playing and coaches bring as a team, includes – humility which is core to their culture, selection which is based on character as well as talent, a focus on continual improvement and finally, understanding the responsibility of playing for the “All Blacks”. You can see from these values that you can make positive change in the right environment with a good positive mindset.

View from @PhilJBish



Mind-sets are patterns whereby your mind automatically operates a certain way. That means you can set yourself up for misery by reacting to the same people and circumstances in the same way, and expecting different results. Maybe you are saying: ‘After all these years I thought he/she would change or the circumstance will change?’ It's easy to blame your problems on others. We think the answer lies in getting the other person to do what we want, but that kind of thinking is self-defeating; it gives control to others.

Your happiness isn't determined by other people or the circumstances, even though you've convinced yourself it is. An experienced counsellor writes: ‘If you don't like the same results...try pushing a different button. Are you waiting for something to change, instead of doing something different? Stop pushing the same button, see the situation honestly and act with wisdom and responsibility to change that mind set. **You can change!**



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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