



Transform Your Team – 17th April 2017

#The Essential News Story – The most powerful gesture

Why did the Mona Lisa become one of the most famous paintings of all time? That's a question an incredible amount of people have asked themselves in the past. And one possible answer is this: because of her unique smile.



The smile is the “the symbol that was rated with the highest positive emotional content” scientist Andrew Newberg. And for me personally, I've been very reluctant before embracing smiling. Only a few years back, when one of my teachers told me: “Why don't you smile more? Go learn how to do it!”, I started my research to learn about the actual power of smiling. So, on this Easter Monday start with the most powerful gesture and have a smiley day.

#Monday Cricket Fact – from Martin Crowe the former New Zealand captain

“That is what Bradman and Tendulkar did. During their teenage years, they developed a resilience about keeping their minds present and consistent. They mastered the moments. They didn't get confused. They went from one ball to the other, one match to another, exploring its possibility and expressing their own potential, and that's why they went on and on at such a high level”

View from @PhilJBish - Develop an overcoming attitude

When you become disappointed with how life seems to be going, you can end up thinking negatively about the future. You think you can't do things, stop taking risks, say no to opportunities that could help you grow, complain about how unfair things are and believe that there's nothing you can do to make a difference to your situation. Basically, you lose hope. But the good news is that it doesn't have to be like this. With practice and application, you can create the habit of thinking positively, even when things seem to be up against you.

Here's how:

1) Be accountable. Find someone you trust and respect, and give them the permission to tell you when you need a little more positivity in your attitude. 2) Surround yourself with positivity. Spend time with people who build you up. 3) Find a way to serve and help others. Helping other people creates positive feelings and will give you a sense of value. 4) Try and look for the good in every situation and expectantly believe that good will come from the bad situation.

So, with practice, you can keep a hopeful and positive attitude, no matter what you're facing. You don't need to feel crushed by your current situation and with the right attitude, you can come through anything.



"A man is but the product of his thoughts.
What he thinks, he becomes."
Mahatma Gandhi

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.

Philip Bishop

Mobile number: 07817 297926

Email: philbish1959@gmail.com

Glamorgan Cricket, The SSE SWALEC, Cardiff, CF11 9XR T: 029 2040 9380 E: info@glamorgancricket.co.uk W: www.glamorgancricket.com

