



## Transform Your Team – 31<sup>st</sup> July 2017 – What Drives You Mad

### #The Essential News Story

What is the most annoying jargon or individual in your life at the moment? How about some of these corporate jargons. A poll recently rated these the top eight annoying jargon words

Touch Base -	To meet or talk about an issue
Blue sky thinking-	Creative thinking
We are on the journey-	Highlighting that the team has not reached its objectives
Game changer-	An idea that represents a significant shift
No brainer-	Claiming an irrefutable good idea
Thought Shower-	Meeting to share ideas, without considering practical Limitations
Run it up to the flagpole-	To present an idea and see it generates a reaction
If you don't like it, get off the bus-	Implying that a colleague should leave if unhappy

### #Sports Fact

Do injuries make you mad or frustrated as they are among the most stressful aspects of participation in competitive sport. Serious injuries can have a variety of negative physical and psychological consequences and may even result in the end of a season, massive change of circumstances. Despite the difficulty of injury, recent research shows that athletes who suffer serious injuries report a renewed perspective on sport, increased motivation, and an improved ability to cope with frustrations. A positive attitude and strong social support were two factors that can help not only overcome injuries but thrive through them. I hope that if you are injured at the moment you have the support structure around you

### View from @PhilJBish

We all have people in our lives who drive us a bit crazy and we are so often perplexed about their behavior, lifestyles, and decisions they make. When our frustration with individuals becomes chronic and we experience the same anger and disappointment over and over again, we really need to find some helpful principles to cope better. We often expect people to be reasonable, rational, logical, thoughtful, and perhaps to think and behave just like we do. Guess what? *They don't!* Having reasonable expectations about the behavior of others based on their past behavior is critical for our peace of mind. Often people get so frustrated with the behavior of others that they just can't let go of the issue, upsetting action, or something rude that someone said to them. We really just need to take a deep breath and ask ourselves, what's really important and what's the big picture here?

Many of us think that the world would be a lot better off if everyone thought and behaved as we do. If and when you get frustrated with the behavior of others, you have to ask yourself if *you* might be the problem after all. Perhaps what seems so appropriate and reasonable to you just isn't to others.

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Reinhold Niebuhr (1892-1971)

### 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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