



**Transform Your Team – 5<sup>th</sup> March 2018**

**A picture shows what you look like, but the process defines who you are.**

**#The Essential News Story**

“Everybody knows how important first impressions are. But not everybody knows that the "first impression" is actually only a seven-second window upon first meeting someone. “  
 Only 7 Seconds to Make First Impression - Business Insider.

**View from @PhilJBish**

Only seven seconds after which you will not be able to make a first impression. You need to act quickly to make a first impression and paint the picture of who you are. We need to move from that seven seconds to the process to paint a picture and move onto a relationship. An excellent first impression is all about having the ability in that seven seconds to make that first impression, which will then allow you the opportunity to invest in an individual. It is human nature to want to impress others. However, on your first meeting and in that seven-second window just reflect and think, that you have the power to make someone else feel good about themselves. Creating that favorable impression is a powerful tool in making a lasting impression. So, it all about our motivation that will make the difference between that first impression and then after that, we can start the process of painting the picture. So, consider your motivation when meeting that individual today, always asking the question; is it to help the individual I am meeting or to help me? Is it for our gain or their good? Do we do what we do to make ourselves feel good or for others to feel good? **Today and this week make a difference and make the right first impression to the people you meet this week.**



“If a picture paints a thousand words. Then why can't I paint you? The words will never show The you I've come to know. And if a face could launch a thousand ships. Then where am I to go?  
 There's no one home but you; You're all that's left me too. And when my love for life is running dry  
 You come and pour yourself on me. I'd be with you tomorrow and today. Beside you all the way.  
 If the world should stop revolving, Spinning, spinning slowly down to die. I'd spend the end with you  
 And when the world was through. Then one by one the stars would all go out. Then you and I would simply fly away.”  
 Songwriters: DAVID GATES  
 If lyrics © Sony/ATV Music Publishing LLC, Universal Music Publishing Group

**Well Being & Pastoral Care**

As your Sports Chaplain @ Glamorgan CCC, 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 provided to all connected with Glamorgan CCC. Including players, coaches, staff, volunteers, and families.

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