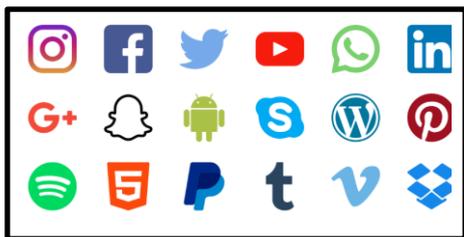




Transform Your Team – 30th April 2018 A Social Media Heart Check

View from @PhilJBish

Before social media, life seemed more straightforward, uncluttered. You knew what you alone were having for dinner, not twenty others. No scroll-and-click distractions you never thought as to what you might be possibly missing. And you knew people, that supported you and they knew you, not virtual friends. Social media has attracted masses of us because we benefit from the connection, the information, and the inspiration. However, there are potential pitfalls as well. The world of social media can upset those intentions if we're not careful. I suggest we need to keep the below key critical communication questions in mind to check our hearts regularly when using social media. One of the significant issues of life is, "Who are you going to trust?" Who has your best interest in mind?



Who will help you make decisions relevant to your life? Should you trust popular opinion? That may not be a good idea since it continually changes. Should you believe celebrities who set the latest trends? We are all aware that patterns change and fads fade. Should you make critical life decisions based on who you follow on social media? Just because it's online doesn't mean it's genuinely trustworthy or reliable.

5 Ways to have a better Conversation

Engage with people online and in person with different views to your own, expanding your world and knowledge

Make sure you engage with screen-free time, do not be involved in every conversation on the internet

Take time to understand why someone has a different opinion or disagree with you

Be aware of what biases and assumptions you bring to the discussion

Never say on social media that you wouldn't tell them face to face

Simplification of Communication in 280 Characters

Truth is a precious commodity in our society today and, I would suggest we need to stand firm in our commitment to it. We now can wake up in the morning and reach for our phone and tweet whatever we feel like before ever getting out of bed. Sometimes the tweet can be controversial. We are living in a world now where truth has been relativised and then rejected and standing for what you believe seems to be getting harder each day. Even standing up for what appears so self-evidently obvious is not always straightforward and sometimes we then keep quiet. What we can do is model a better way. We can speak kindly to those who disagree with us. We can acknowledge other people's opinions in our disagreement. Finally, we can talk about the truth and refuse to repeat the falsehood. In those 280 characters we can play to the gallery and fuel the fire, or we can use the social network of Twitter for good, even with 280 characters.

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. **Philip Bishop Mobile number: 07817 297926** **Email: philb1959@gmail.com**

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