



36th Edition

# Staff Bulletin

DECEMBER 2016



## IN THIS ISSUE

Advisory Corner	1
Words of wisdom	2
Performance	3
Staff Issues	4
General Knowledge	7
Health Tips, Jokes & More	8

**CORE VALUES**  
Relationship  
Excellence  
Support  
Passion  
Efficiency  
Creativity  
Trustworthiness

Staff bulletin is a newsletter with the primary objective of disseminating information and other issues in the organisation to all members of staff

## *You are unique!* **Advisory Corner**

Think what a remarkable, unduplicatable, and miraculous thing it is to be you! Of all the people who have come and gone on the earth, since the beginning of time, not ONE of them is like YOU!

No one who has ever lived or is to come has had your combination of abilities, talents, appearance, friends, acquaintances, burdens, sorrows and opportunities. No one's hair grows exactly the way yours does. No one's finger prints are like yours. No one has the same combination of secret inside jokes and family expressions that you know.

The few people who laugh at all the same things you do, don't sneeze the way you do. No one prays about exactly the same concerns as you do. No one is loved by the same combination of people that love you – NO ONE!

No one before, no one to come. YOU ARE ABSOLUTELY UNIQUE!

Enjoy that uniqueness. You do not have to pretend in order to seem more like someone else. You weren't meant to be like someone else. You do not have to lie to conceal the parts of you that are not like what you see in anyone else.

You were meant to be different. Nowhere ever in all of history will the same things be going on in anyone's mind, soul and spirit as are going on in yours right now.

If you did not exist, there would be a hole in creation, a gap in history, something missing from the plan for humankind.

Treasure your uniqueness. It is a gift given only to you. Enjoy it and share it!

No one can reach out to others in the same way that you can. No one can speak your words. No one can convey your meanings. No one can comfort with your kind of comfort. No one can bring your kind of understanding to another person. No one can be cheerful and lighthearted and joyous in your way. No one can smile your smile. No one else can bring the whole unique impact of you to another human being.

Share your uniqueness. Let it be free to flow out among your family and friends and people you meet in the rush and clutter of living wherever you are. That gift of yourself was given you to enjoy and share. Give yourself away!

## WORDS OF WISDOM

Oprah Winfrey

"You get in life what you have the courage to ask for. "

**QUOTE OF THE MONTH**

Psalm 91:11

He shall give his angels charge over thee.

**MEMORY VERSE**

## OTHER WISE SAYINGS

"Life isn't about finding yourself. Life is about creating yourself."

*George Bernard Shaw*

"The most important thing is to enjoy your life - to be happy - it's all that matters." *Audrey Hepburn*

"Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing." *Denis Waitley*

"There comes a time when you have to choose between turning the page and closing the book." *Josh Jameson*

# Staff Issues



## Staff of the Month for December

George Fynn-Thompson - Relationship Officer (Takoradi Branch)

Samuel Boamah - Relationship Officer (Takoradi Branch)

Helena Frimpomaa Badu - Compliance Officer (Takoradi Branch)

## Birthdays



*The entire management and staff of TF Financial Services wish the following February birthday celebrants a happy birthday as they celebrate these momentous days of their lives:*

Miss Esther Adomah Effah	- 4th February
Miss Helena F. Badu	- 4th February
Mr. Collins Boadi	- 20th February
Mr. Samuel Owusu-Ansah	- 22nd February
Mr. Andrews Boafo	- 25th February



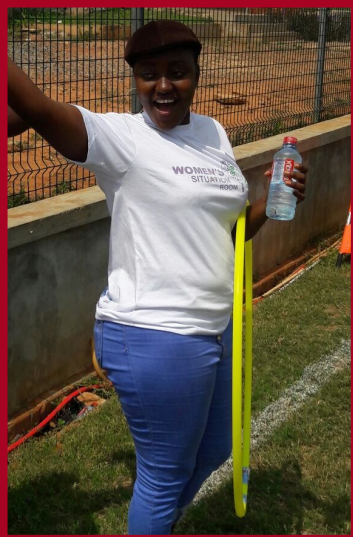
# Staff Issues

## Staff Durbar 2016

The inexplicable joy interspersed with the warm weather rendered the entire durbar for all staff enviable among all who witnessed.

The Accra branch team won the cup with the cool swimming pool calming all nerves down for a refreshing year ahead for lovers of water.

There was a perfect balance between activities that enhanced full participation of staff with great musical backgrounds and lots of foods, drinks, and ideal time for socializing with other team members from other branches.





# Staff Issues

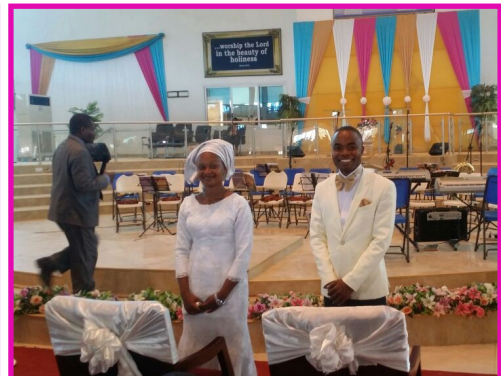
## Rebranded



Joseph Cobblah was filled with great smiles when the solemnization of holy matrimony between his wife was finally sealed on the 3rd of December, 2016.

Staff of TF Financial Services graced the occasion beautifully with their presence and presents to cheer their colleague on for the new journey he has embarked on.

Congratulations to you Mr. Joseph Cobblah and your beautiful wife. God bless you!



# General Knowledge

## Getting Back on Track with New Year's Resolutions



The days of January have finally slipped by us, and if you are like most people you fell off the “resolution bandwagon” only a few weeks into the New Year.

Most studies show resolutions begin to drop off after a week and only about 40 percent of those who made resolutions actually stick to their goals.

It's not too late to refocus on your resolutions. Here are the keys to making those resolutions stick throughout the year:

### **Treat each day like its New Year's Day.**

Approach each day with the enthusiasm and momentum you had for your resolutions as you did on January 1<sup>st</sup>. Treat each day as a new opportunity to achieve the goals you have set for yourself, and maybe set new ones. And remember, “if at first you don't succeed; try, try, try again”.

### **Make it a team effort.**

If you have been trying to do this on your own, don't. Tell your friends and families of your resolutions. Post it on Facebook if that helps. The accountability of family and friends helps during those weak moments, and will help you adhere to your resolutions.

### **Use tools to track your progress**

Recognizing your progress will make a huge difference in your success. Having reminders, social competitions and other motivators help a lot in maintaining your resolution for the long term.

### **Reward yourself.**

Celebrate your success when you reach different benchmarks, but make sure the celebrating doesn't conflict with your resolution. Instead, have your reward be a part of your resolution.



# Health Tips

## How does a healthy diet affect mental and emotional health?

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people.

While some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. That means switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet and make a difference to the way you think and feel.

Key to any healthy diet is moderation. But what is moderation? In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. Despite what fad diets would have you believe, we all need a balance of protein, fat, fiber, carbohydrates, vitamins, and minerals to sustain a healthy body.

For many of us, moderation also means eating less than we do now. But it doesn't mean eliminating the foods you love. Eating bacon for breakfast once a week, for example, could be considered moderation if you follow it with a healthy lunch and dinner—

but not if you follow it with a box of donuts and a sausage pizza. If you eat 100 calories of chocolate one afternoon, balance it out by deducting 100 calories from your evening meal. If you're still hungry, fill up with extra vegetables.

**Try not to think of certain foods as “off-limits.”** When you ban certain foods or food groups, it is natural to want those foods more, and then feel like a failure if you give in to temptation. Start by reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences.

**Think smaller portions.** Serving sizes have ballooned recently. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, visual cues can help with portion sizes—your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. If you don't feel satisfied at the end of a meal, add more leafy green vegetables or round off the meal with fruit.

**Take your time.** Stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.

**Eat with others whenever possible.** As well as the emotional benefits, this allows you to model healthy eating habits for your kids. Eating in front of the TV or computer often leads to mindless overeating.

# Jokes

A man to a psychiatrist: "How do you select who should be admitted to your facility?" The psychiatrist replies: "We fill a bathtub with water and give the person a spoon, a cup and a bucket. Then we ask that person to empty the bathtub."

The man smiles: "Ah, I understand, if you are sane you would take the bucket."

The Psychiatrist replies: "No, a sane guy pulls the plug. Do you want a room with or without a balcony?"

"Please help me doctor, I have a bowel movement every morning at 7!"

"But that is a very healthy thing, Mr. Richards!"

"It would be, if I didn't usually wake up at 8:30!"

A judge enters the court room and starts the proceedings, saying: „Before this process starts in earnest, there is one thing I have to clear first.

**Sorry we're looking  
for someone aged 22-26**



**with 30 years of experience**

The plaintiff gave me \$ 10,000 so I would rule in their favor. The defendant gave me \$ 12,000 so I would rule in their favor. To make this case a fair one, I'm hereby returning \$ 2,000 to the defendant."

*Bae,  
If your boo don't pay  
tithe in church. ..leave  
him alone..*

Correct Bae  
@CorrectBae  
@CorrectBae



*He is courageous enough  
to cheat God. .. then..  
Who are you??*



A Woman's ears when the  
Husband is on the phone

21:44



# Brain Teasers

He has married many women, but has never been married. Who is he?

What goes in the water black and comes out red?

What loses its head in the morning and gets it back at night?

## Answers to Previous Brain Teasers

If you put roast in a roaster what do you put in toaster?

**Answer :** Bread

I'm a god, a planet, and measurer of heat. Who am I?

**Answer :** Mercury

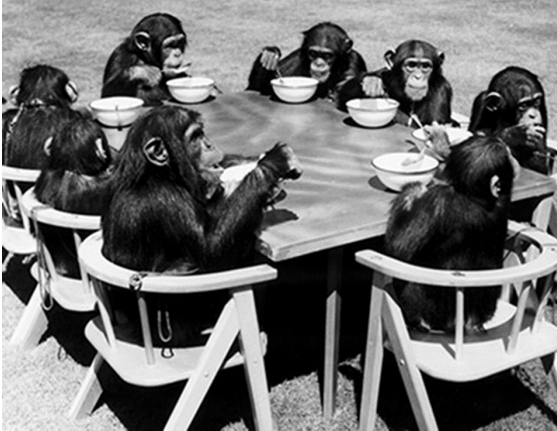
A little pool with two layers of wall around it. One white and soft and the other dark and hard, amidst a light brown grassy lawn with an outline of a green grass. What am I?

**Answer :** A Coconut

I once was lost but now I'm found. What saved me?

**Answer :** A GPS

# 10 Reasons Why Team Meetings Are Important



**What is the point of a team meeting? Are they a talking-shop, or a vital organizational function? Here are some reasons why I think team meetings are essential.**

**They're great for building supportive relationships** – team meetings give team members a place to help each other and offer their support.

**They're vital for learning about our colleagues' motivations, fears, hopes, troubles, etc.** – even when it isn't actually said. 55% of any communication is conveyed through non-verbal means, and face-time is the only way you can read it.

**Team meetings provide us with a 'safe' environment** – it's an opportunity to share information we wouldn't be so comfortable sharing by email, or in a report. *Chatham House Rules* are typical for team meetings.

**A team meeting is a level playing field and an open forum** – everybody present shares the same opportunity to communicate and listen. Everybody gets the chance to speak, and hear what's said!

**They play a vital role in leadership** – the team leader uses team meetings to rally the troops, clarify the mission, and everybody's part in it. Leadership is difficult if a leader doesn't engage with followers.

**Nothing can replace the intimacy** – the closeness, security and intimacy of a team meeting, especially in times of crisis, can be vital. It's difficult to replace a physical meeting with conference calls and video conferencing.

**Team meetings allows attendees to lift their head out of day-to-day operations** – it's so easy to stay on mission and in the weeds. Team meetings create an air-pocket for attendees to focus on something else, and work on cross-functional tasks together.

**They create a space for giving each other feedback** – members can use meetings to offer feedback to each other, as long as it is pitched at the *right level*. Team meetings shouldn't be used to provide feedback that is critical, but rather should be done in one-on-one meetings.

**Team meetings are a learning and improvement opportunity** – meetings are an inevitable part of business and organizations. *Whether you like them or not*. So team meetings are a good place to learn about the wider organization, how to work in a team, how to manage a team towards its objectives, and what improvements a team can achieve together.

**They're a great reminder, after all, that we are in fact in a team – and not alone!**

# EDITORIAL BOARD



Mr. Ransford O. Ansong,  
Chief Editor



Mrs. Edith Blankson  
Snr. Staff Writer



Josephine Aburwofie  
Chief Correspondent