



25th Edition

Staff Bulletin

November 2015



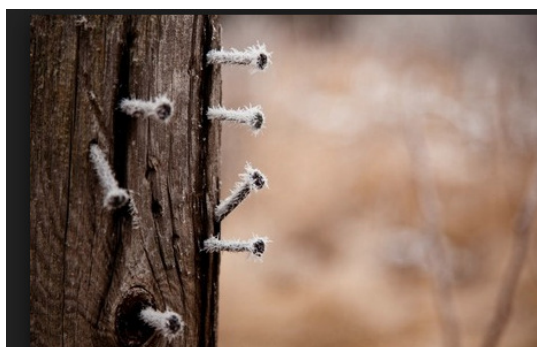
Advisory Corner

The Fence

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said "you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one." You can put a knife in a man and draw it out. It won't matter how



many times you say I'm sorry, the wound is still there". Make sure you control your temper the next time you are tempted to say something you will regret later.



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CORE VALUES
Trustworthiness
Efficiency
Creativity

Relationship
Excellence
Support

Passion

Trustworthiness

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

WORDS OF WISDOM

~Martin Luther King Jr.

"The time is always right to do what is right."

QUOTE OF THE MONTH

Matthew 2:10

When they saw the star, they rejoiced exceedingly with great joy.

MEMORY VERSE

OTHER WISE SAYINGS

"Prudent, cautious self-control, is wisdom's root."

– Robert Burns

"Rather fail with honour than succeed by fraud."

– Sophocles

"In matters of style, swim with the current; in matters of principle, stand like a rock."

– Thomas Jefferson

"Energy and persistence conquer all things."

– Benjamin Franklin

"Nothing splendid has ever been achieved except by those who dared to believe that something inside of them was superior to circumstance."

– Bruce Barton

Staff Issues

*Time with staff
of the month for November*

Joyce Ataa Agyemang - Relationship Officer, Accra Branch
Dela Amedzro - Accounts Officer, Kumasi Branch
Victoria Amuzu - Relationship Officer, Accra Branch



Learn more about Joyce Ataa Agyemang



What makes you unique?



My big voice.



How do you turn a bad day around and make it good?



I remember Theodore Derban and I smile. He always puts smiles on my face.



What favourite food puts you in a great mood?



TZ any day, any time.



Learn more about Dela Amedzro



If you could splurge on one must have item, what would it be?



A house in Trassacco Valley



What would people be surprised to learn about your job?



The fact that I become fulfilled when errors are not committed in the course of performing my duties/ assignment.



If you were to start a company from scratch, what values would you build it on?



Passion, Commitment and Integrity



Staff Issues

*Time with staff
of the month for November*



Learn more about Victoria Amuzu



How do you manage work related stress?



I manage work related stress by reporting to work early ahead of time to avoid rush, consulting team members for assistance where necessary and working to meet deadlines.



If you could close your eyes and be anywhere on earth when they opened where would they be?



I would be in a top performing team in an organisation and contributing immensely to the success of the organisation.



What advice can you give to people who aspire to be where you are?



My advice is that, they should be hardworking, determined, focused, tenacious and above all, trust in God in all their endeavours.



Birthdays



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

Ms. Priscilla Oduraa Antwi 2nd Jan.

Mr. Godwin Doku 6th Jan.

Mr. William Yartey 7th Jan.

Staff Durbar

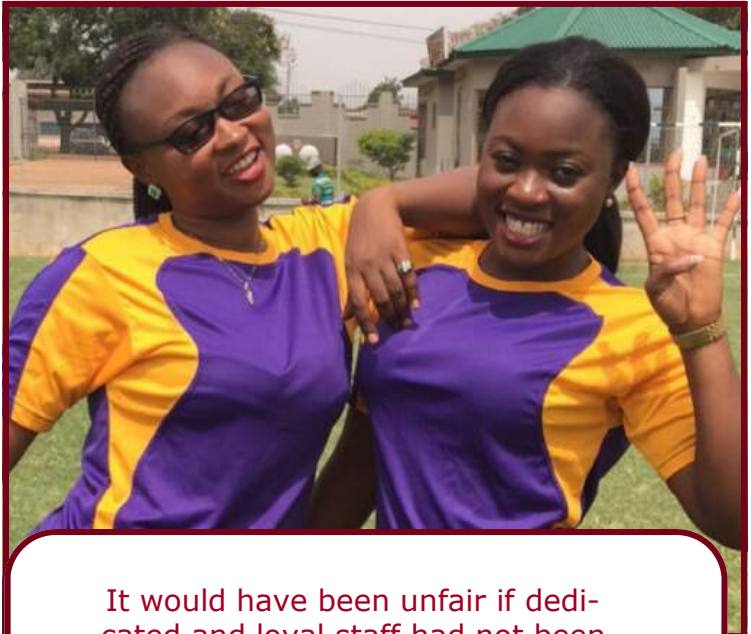


A hybrid of sunny and partly cloudy atmosphere was just right for the inexplicable time spent together by members of staff at the Burma Camp Leisure centre on Saturday 14th November, 2015.

The various branches had to compete in several games including football, tag of peace, lime and spoon. The fun got even better for staff of Kumasi branch, led by their able coach, Mr. Ofosu Kwarteng Owusu, as they took the enviable trophy for the football division to Oseikrom. Kudos to all participating teams.



Staff Durbar



It would have been unfair if dedicated and loyal staff had not been honoured.

The whole programme in totality was a success and a time of joy for all.



General Knowledge

How to Get Ready for Christmas

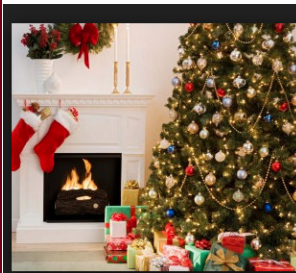
Brainstorm gift ideas. As the saying goes, it's better to give than to receive. Have fun thinking about what to give your family, friends, and whomever else is lucky enough to get on your list. Write down your ideas to ensure that you don't miss anyone. Whether it's a gag gift or a sentimental one, taking the time to find the right gift for the right person is a great way to get into the Christmas spirit.

Make a list and check it twice. It's easy to get caught up in the holiday spirit so prepare a list and budget. Just because you have the perfect gift idea for your dad, doesn't mean you should mortgage your home to get it for him. Be disciplined in your spending by creating a list, complete with prices and alternatives, and keep it with you at all times.



Shop online if you want to avoid crowds. Avoid the holiday crowds by shopping in the comfort of your own home. It is easier to stick to your budget as you keep a spreadsheet open to help you track your spending. You may also find great promotions and deals exclusive to shopping sites.

Shop in person if you want to make sure the item is exactly what you're looking for. Shopping online can be risky because you may not get a chance to see and hold the item. If the item is the wrong colour, size, or texture, you may not have time to return it. Shopping in person can also be a fun activity when done with company as you can joke or get another opinion if you're having trouble deciding.



Health Tips

Christmas is notoriously a time to indulge, but don't let this be the green light to overindulge! You can still enjoy all the festivities of the season and get through the Christmas period without too much impact on your health and waistline.

Don't sit down all day

We know every Christmas, special programmes will be showing on TV, but you don't need to plonk yourself on the sofa *all* day! Encourage the whole family to get out for a walk at some point – ideally, after dinner to aid digestion. The more activity, the better, so take along any new

outdoor gifts, like bikes, footballs, climb trees or play old-fashioned games.

Go easy on the booze

If you are firmly ensconced at home over the festive period, those alcohol units can really mount up. Red label on Christmas eve, Martini with breakfast, wine with dinner, Baileys, brandy... the list goes on! So, do try to keep tabs on how much you are drinking, and intersperse alcoholic drinks with soft ones.



Don't give yourself a Christmas stuffing!

Recent research suggests that we consume around 3,000 calories in our Christmas dinner – more than the entire recommended daily intake for a grown man! This huge feast not only contributes to weight gain but also to indigestion and heartburn – not to mention lethargy for the rest of the day, reducing the chances of you burning much of it off. Instead of gorging yourself on Christmas dinner, eat a normal-sized meal and then take a 20-minute break to see if you are still hungry (it takes this long for the brain to register that the stomach is full). The chances are, you'll realize you've had enough.

Don't stress

'Tis the season to be jolly' but jolly is the last thing many of us feel with overspending, cooking, cleaning, endless 'to do' lists and visitors we could do without. Try to keep a sense of humour and proportion. Is it really the end of the world if the carrots are overcooked or if the mantelpiece is a bit dusty? Remember, Christmas is just one day out of 365 and it isn't worth stressing over.

Jokes



Teacher: What is a baby lizard called?

Akpos: a baby lizard is called lizzybaby.

If he is asked his phone number & u hear "siro hate siro tiri tiri six wan wan tiri fife fife|. That is my HEN T HEN number" . . HE IS A YORUBA MAN!

A Student Called his dad from school and he said
 "Dad the situation at school is very critical if you don't send me money am going to commit suicide "
 Dad replied: Son the situation at home is also critical suicide approved"

I saw Akpos yesterday, he was crying. I asked; What is the matter?.
 He replied; there is a problem. I borrowed Pake 5 million Naira for face surgery.
 Now, i cannot recognise him.

Akpos shows up late for work. The boss yells "You should have been here at 8:30!"
 He replies: "Why? What happened at 8:30?"

Boss: *Shouting* "Little Johnny come to my office right now..." Little Johnny:
 "Yes sir"! Boss : "Little Johnny, I saw you arguing with the customer that just left.
 I have told you before that the customer is always right. Do you understand me?"
 Little Johnny: "Yes sir!, the customer is always right". Boss : "So what were you
 arguing about with that customer?" Little Johnny: "He said my boss is stupid and
 an idiot sir"! Boss: "That bustard. What did u say to him?" Little Johnny: "I told
 him he's right.

Brain Teasers



Which shadow belongs to Santa?

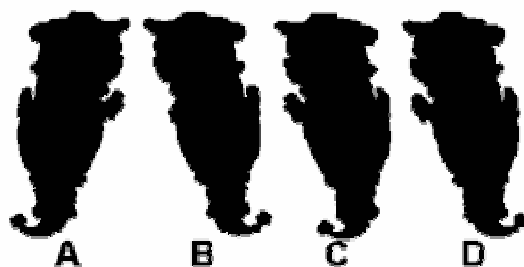


What always comes at the end of Christmas Day?

Can you spell "hard water" only using three letters?

What kind of water never freezes?

What do you call a reindeer with three eyes?



Answers to Previous Brain Teasers

- Two people are in a barn. Ten cats follow them in. How many feet are in the barn now?

Answer: Four Feet

- One fine day in the middle of the night,
two dead men got up to fight
back to back they faced each other
drew their swords and shot each other!
What is wrong with this?

Answer: Dead men do not fight

- A woman walks into a restaurant and asks the manager for a glass of water. The manager aims a gun at her, the woman was pleased, said thank you and left. Why?

Answer: She had hiccups

Setting Yourself Up For Success In The New Year

By Ashley Edwards Walker



Set MITs (that's Most Important Tasks) for your time off.

It sounds counterintuitive, but studies show that scheduling our downtime makes us more likely to enjoy it. The key, of course, is scheduling activities that you actually enjoy while avoiding anything work-related.

"From getting a pedicure, to catching up with a friend from home or curling up with a

good book, schedule some time to be kind to yourself," says Marah Lidey. Her personal favorite MIT? "Getting at least eight hours of sleep each night—that's what makes me feel rejuvenated."

Reflect on your awesomeness.

We've established that you're not going to work on work during your time off, but that doesn't mean you shouldn't *think* about it. "The holidays bring some well-deserved time away from the nonstop decision making that happens when you're running from meeting to meeting," says Naomi Hirabayashi. "Take that time to think about your career path and all that you've accomplished. Acknowledging what you did well gives you the confidence boost you need to come back and crush it in 2016." Adds Marah Lidey: "One of our Shiners told us she keeps a black box under her bed with print-outs of positive things that people have said to her, accolades she's achieved, or notes from herself about good days she's had." Love that!

Visualize your success.

Take five minutes (or an hour, whatever!) to fully imagine what career success for the next year looks like for you. "Regularly thinking about the parts of your job that you can control and visualizing ways to achieve your ideal outcome can lead to positive results," says Marah Lidey. "If you see yourself asking for a promotion, speaking confidently to your boss and expertly answering her questions, you're imagining that scenario going well, which will give you a jolt of confidence to make it a reality." In short: If you can believe it, you can achieve it!

Season's Greetings



M

ay the festive season of Christmas bring you the very best and fill your life with the blessings of the Almighty God.

Merry Christmas & a Fulfilling New Year



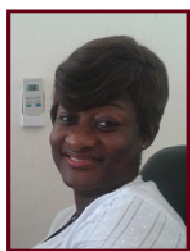
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