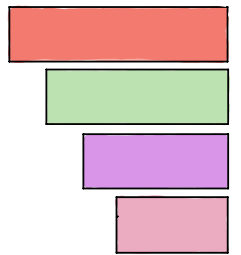


THE
ALL
TERRAIN
Podcast -

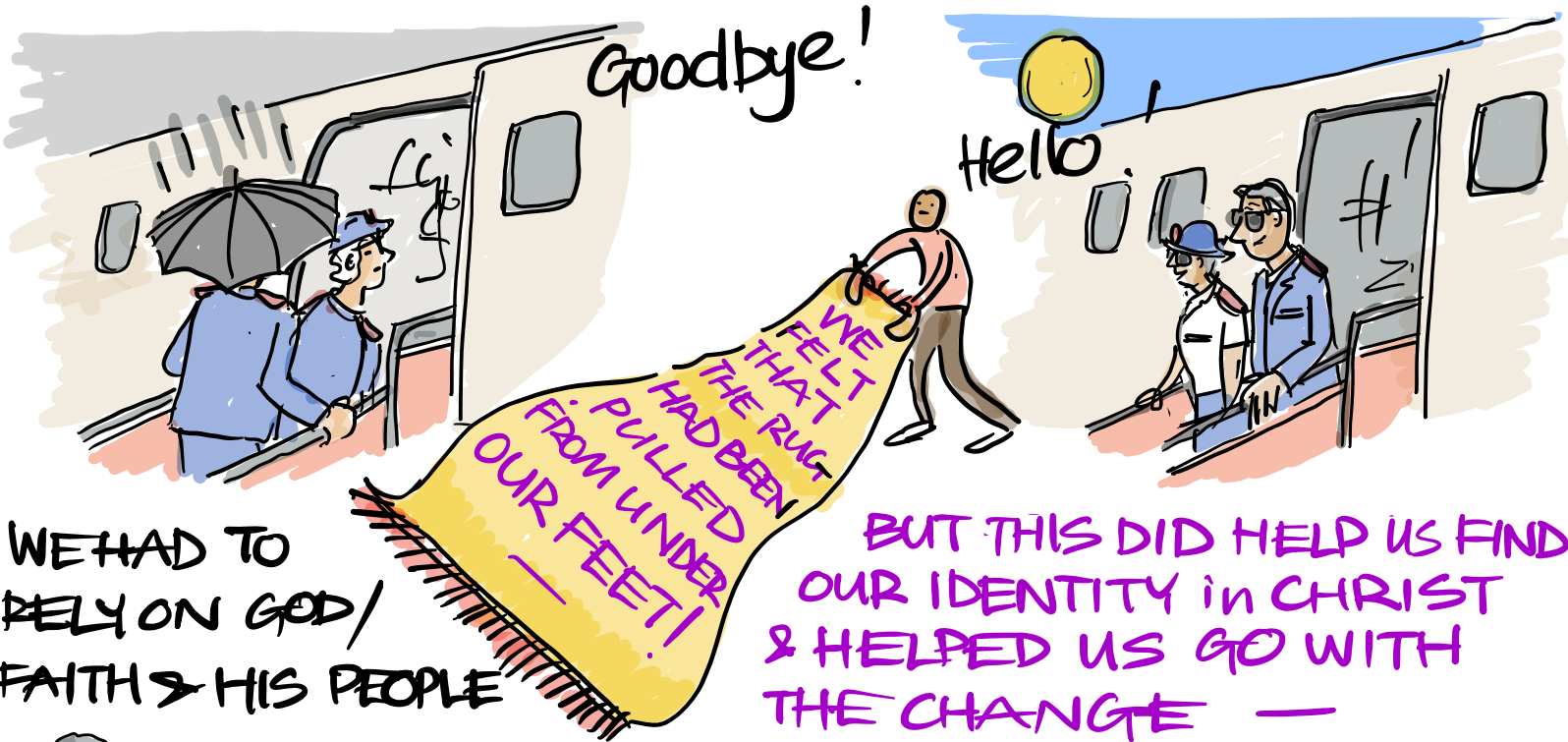


Ep. 44

Commissioners Paul & Jenine Main.

HOW DO YOU FACE CHANGE?

IT'S SOMETHING I'M USED TO BUT MOVING TO CARIBBEAN WAS DIFFICULT. WE REALISE THAT OUR LIVES HAD BECOME QUITE COMFORTABLE.



WE HAD TO RELY ON GOD / FAITH & HIS PEOPLE

BUT THIS DID HELP US FIND OUR IDENTITY IN CHRIST & HELPED US GO WITH THE CHANGE —

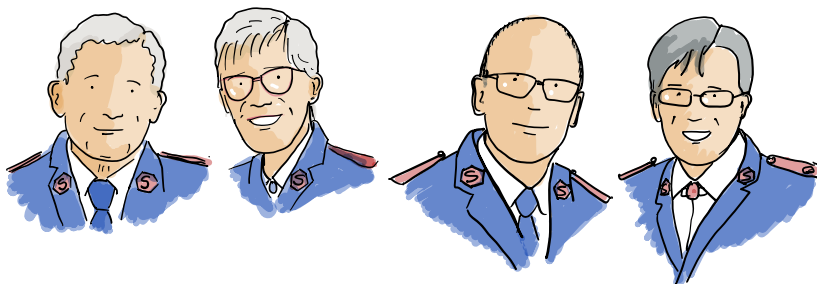


I ALREADY HAD THESE PRACTICES WHICH HELPED

FROM Statements



LEARNED FROM GEN. LYNDON BUCKINGHAM



THE LEADERSHIP POSITION WE HAVE COME INTO IS NEW! WE ARE SO GRATEFUL FOR OUR RELATIONSHIP WITH ANTHONY & GILLIAN COTTERILL


I ACTUALLY FIND CHANGE REALLY EXCITING!

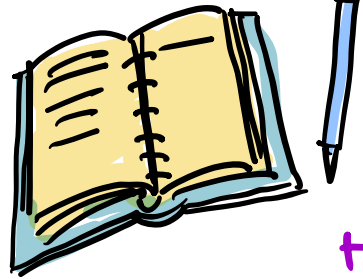
HOW DO YOU MOVE THROUGH SUFFERING?

I HAVEN'T EXPERIENCED CONSIDERABLE SUFFERING BUT AT TIMES WHEN TRAGEDY HAS HAPPENED, I GIVE MYSELF PERMISSION TO BE PATIENT!



AS A VERBAL PROCESSOR I VALUE CONVERSATION

 Suffering produces perseverance
Romans 5.



JOURNALLING MY PRAYERS HELPS ME TO HONESTLY EXPRESS MY FEELINGS

WHEN MY MUM GOT FACE CANCER IT WAS SO HARD TO SEE LIFE BEING TAKEN AWAY FROM HER LIKE THIS!



SUFFERING HAS PLENTY TO TEACH US.



WE HAVE TO HELP PEOPLE RELY ON GOD & THAT HE NEVER FAILS

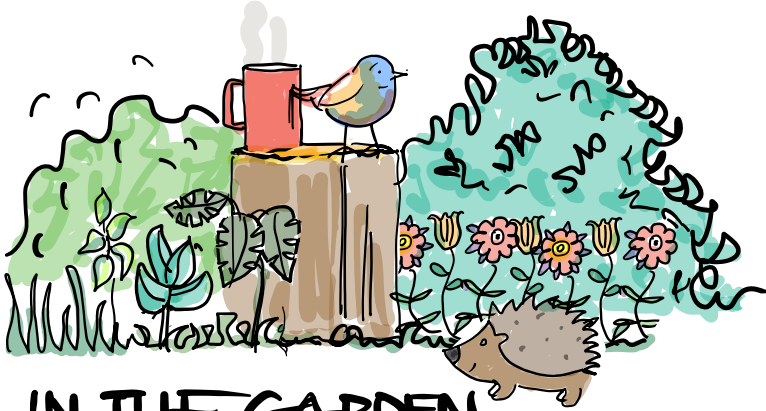
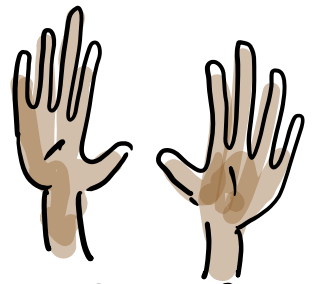


HOWEVER SHE EMBRACED LIFE/DEATH. SHE STILL MINISTERED. IT WAS

INSPIRATIONAL

HOW DO YOU RECEIVE JOY?

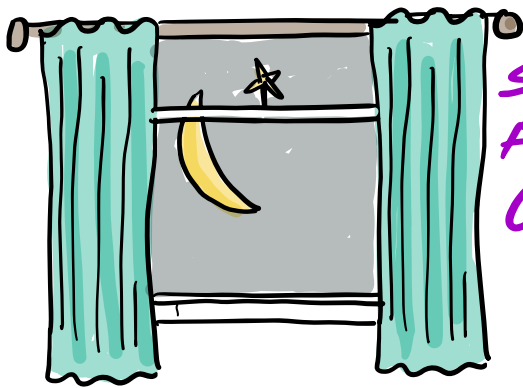
I RECEIVE IT WITH OPEN HANDS!



IN THE GARDEN
& OUT IN NATURE



WITH THE
GRANDCHILDREN.



SEEING & BEING
A PART OF
GOD'S CREATION

I LOVE BEING
OUT IN THE SUN
& LEAVING MY
COAT BEHIND!

BEING WITH
FRIENDS &
LAUGHING TOGETHER!
BRINGS ME GREAT JOY.



HEARING
PAUL LAUGH
DOWN THE
CORRIDOR
BRINGS
ME JOY

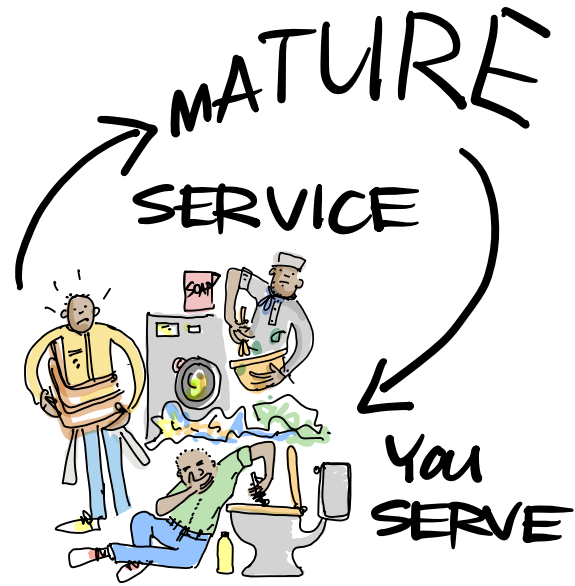
INTENTIONAL

WE NOTICE A DIFFERENCE
WHEN WE DON'T TAKE
TIME OUT FOR JOY!

HOW DO YOU MATURE in SERVICE?

HOW DO YOU EVEN KNOW?
I HAVE LEARNT TO REFLECT
ON MY EXPERIENCE

TRYING TO LEARN FROM OTHERS
IN ROOM



37 YEARS
AS OFFICER.
I HOPE I AM
A VERY DIFFERENT LEADER
FROM WHEN I STARTED!



JOURNALLING DOES HELP

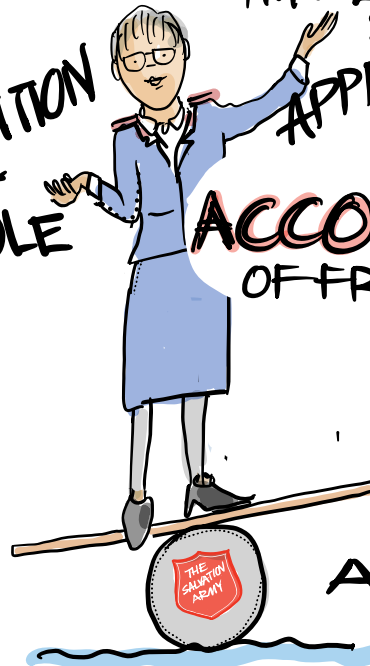
INTENTIONAL
LISTENING
IS ESSENTIAL



HUMILITY
&
APPROACH

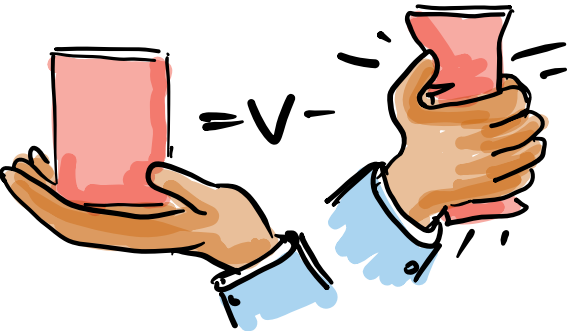
POSITION
&
ROLE

ACCOUNTABILITY
OF FRIENDS & FAMILY



WE DON'T
CHOOSE OUR
APPOINTMENTS

WE MAKE OURSELVES
AVAILABLE DESPITE
COST & SACRIFICE.



IT IS A MANTRA OF
OURS TO HOLD ONTO
THINGS LIGHTLY —

I AM A FIXER
BUT

IT'S NOT ALWAYS
APPROPRIATE TO DO THAT.