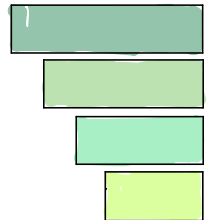




EPISODE 30
MAJOR HELEN
SCHOFIELD

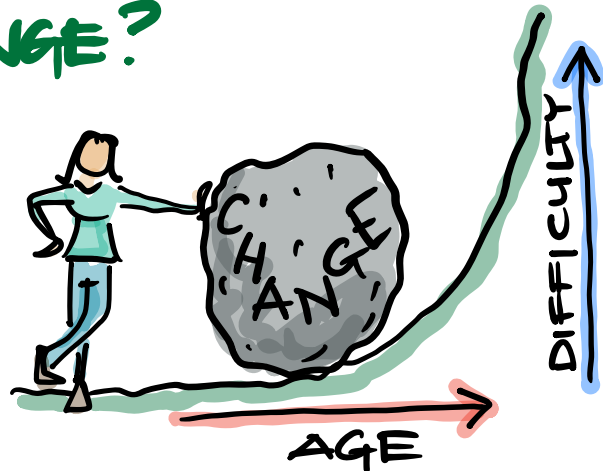
THE
ALL
TERRAIN
-Podcast-



HOW DO YOU FACE CHANGE?

GREAT ENTHUSIASM??

BUT AS I'VE GOT OLDER PERSONAL CHANGE HAS GOT HARDER!

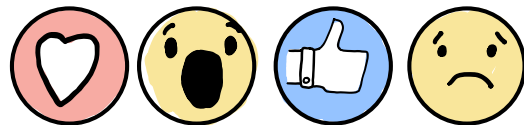


HATE THINGS BEING DONE TO ME

IT IS DIFFERENT WITH OFFICERSHIP YOU ARE **SENT**

AND IT'S **OBEDIENCE**

LET THE APPOINTMENT SHAPE & DEVELOP YOU!



↳ [I UNDERSTOOD - the - PARAMETERS]

WHEN STARTED I ALWAYS THOUGHT IT WOULD BE CORPS BASED!

SO DEALT WITH IT WELL!



APPOINTMENTS SECRETARY

QUESTIONS ARE IMPORTANT TO ME.



TO CLARIFY WHAT'S HAPPENING!

FROM ME & TO ME -

I HAVE LAID DOWN THE GRAPPLING: YOU ONLY LOSE!

ITS EXHAUSTING WHEN YOU CONSTANTLY BATTLE



I LOVE WAY YOU GRAB AGENCY, BACK!



I DON'T WANT TO JUST BE DONE TO I WANT TO

OWN &

I WANT TO EMPOWER TEAMS//SHARE OWNERSHIP UNDERSTAND



NOT EASY THOUGH WHEN SAT

BETWEEN 2 PLACES

HOW DO YOU MOVE THROUGH SUFFERING?



ALWAYS THIS

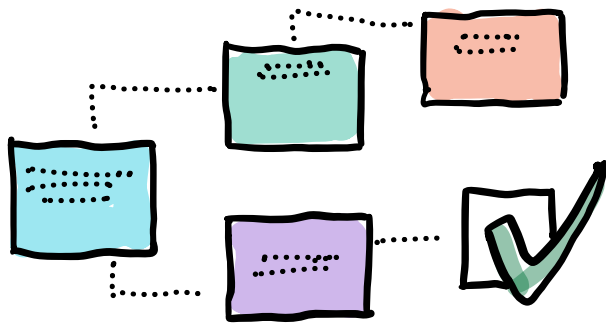
LOVED HOW QUESTION IS PHRASED ALTHOUGH FOR MANY THEY CAN FEEL STUCK!

THERE HAVE BEEN NUMBER OF TIMES WHEN VERY TOUGH FOR ME.



AT END OF NURSE TRAINING I HAD IT ALL PLANNED

DAMAGED MY BACK 8 YEARS IN & OUT OF HOSPITAL

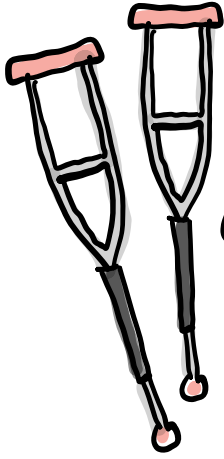


I'M SORRY BUT THERE'S NOTHING ELSE WE CAN DO!

FELT LIKE I WAS LOSING 2 CAREERS

I GOT THROUGH WITH A COMPLETE MIXTURE OF EMOTION

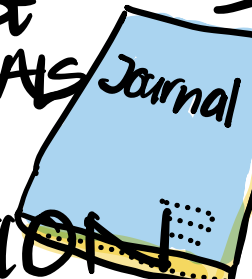
DETERMINATION AND **STUBBORNNESS**



AT TIMES I WAS
 HANGING ON SPIRITUALLY!
 GETHSEMANE type of EXPERIENCE
 SHOUTED: CRIED: RANTED

BUT

CREATED THESE
 GOALS TO REACH
 ON MY CRUTCHES

PRAYER JOURNALS ^{kept}
 DEEP
 CONNECTION 
 with GOD

WE SOMETIMES
 DON'T SEE GOD'S
 PRESENCE, BUT
 WE KNOW GOD IS
 PRESENT WHEN
 DEALING WITH
 CHANGE —

BECAME CHRISTIAN
 AT 14! LIFE-
 CHANGING —



LESSONS LEARNED

1. Even in darkest moment: God is there
2. I can look back at God's faithfulness
3. It's created empathy. I know what it's like to have long term illness/pain

IT'S A
 MIRACLE!

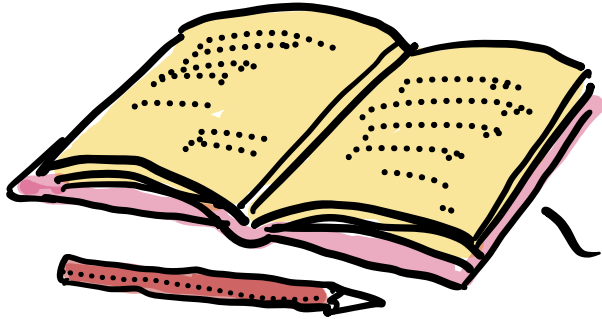
PASSION-
 ABOUT HOPE
 ATE

HOW DO YOU RECEIVE JOY?

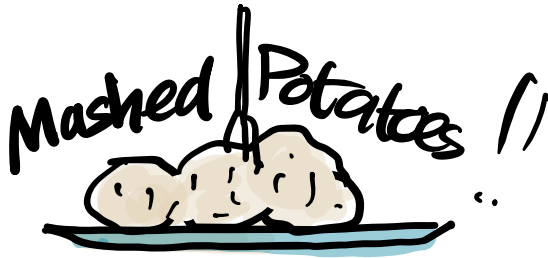
WE CHOOSE TO RECEIVE IT!

GRATITUDE is the KEY.

2020 - GRATITUDE JOURNAL



WRITING HELPED CHANGED MY PERSPECTIVE!



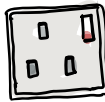
~~BUT~~ TOUGH TO SIT EVERY NIGHT - WORK ISSUES WERE DIFFICULT!

2022 PAY ATTENTION!!



SEEING

ALWAYS BEEN GRATEFUL



REAL GRATITUDE STOPS US TAKING THINGS FOR GRANTED!

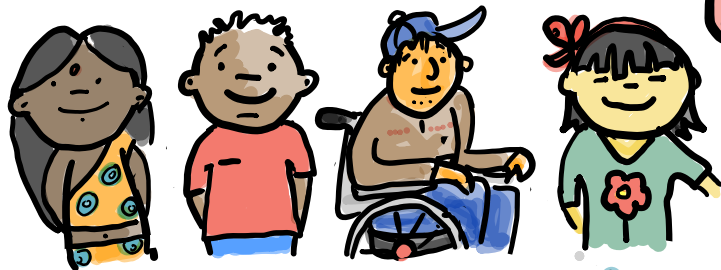
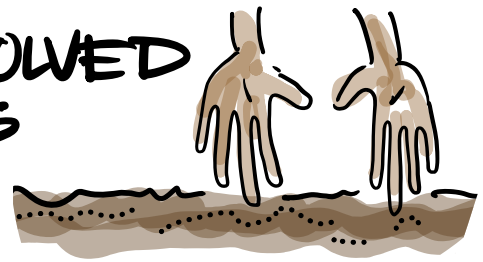


PERCEIVING HEARING



HOW DO YOU MATURE IN SERVICE?

GETTING INVOLVED & HANDS DIRTY!



A WORKING IN PRIMARY & WITH JUNIOR SOLDIERS DID...

SHAPE & DEVELOP ME

B IN BRISTOL AS AN OFFICER. SEEING PEOPLE IN POVERTY AND LEARNING TO SIT WITH PEOPLE AND LISTEN TO THEM.



C TRAVELLING OVERSEAS - BRADBURY'S. - with -

SAW LOVE & CARE GIVEN BY OFFICERS TO GIRLS IN BANGLADESH BROTHEL



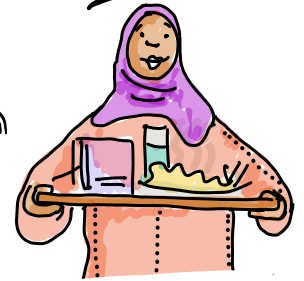
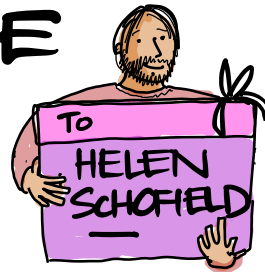
BUT THEY WANTED TO SERVE YOU!

ALL THESE EXPERIENCES
SHAPE

CHALLENGE
MATURE

you!

CONSTANT CHALLENGE
HOW DO I LET OTHERS
SERVE ME??



RECEIVING FROM OTHERS / BEING VULNERABLE

LIVING ALONE
CREATES AN
INDEPENDENCE

BUT

NURSING FRIENDS
WORK COLLEAGUES
& MANY OTHERS
HAVE SERVED ME



IT'S ACTUALLY
IMMATURITY THAT CAN STOP
ME ALLOWING OTHERS
TO SERVE ME



FOR YOUNG PEOPLE
IT'S NOT JUST ABOUT
PARTICIPATION...
GIVING THEM A JOB!
... IT'S MORE THAN
THAT ISN'T IT?

YOUNG PEOPLE
WANT TO BE HEARD
& WANT TO BE



ON A JOURNEY TOGETHER
... THEY HAVE ANSWERS TOO!

GENUINE SERVICE, LIKE REAL
RELATIONSHIPS MOVES IN 2 DIRECTIONS

IF YOU DON'T ALLOW FEET TO BE WASHED
THEN IT'S A WARNING SIGN - RIGHT?

