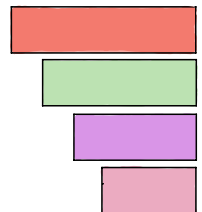


EP. 37 LEE BALL



THE  
ALL  
TERRAIN  
-Podcast-



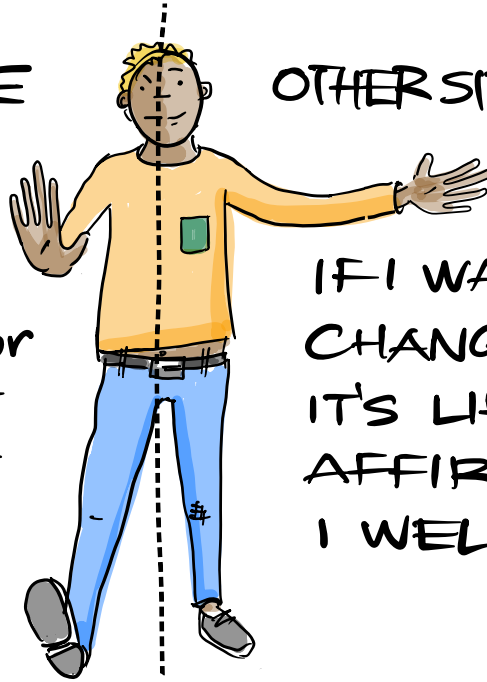
# HOW DO YOU FACE CHANGE?

## 2 SIDES to CHANGE

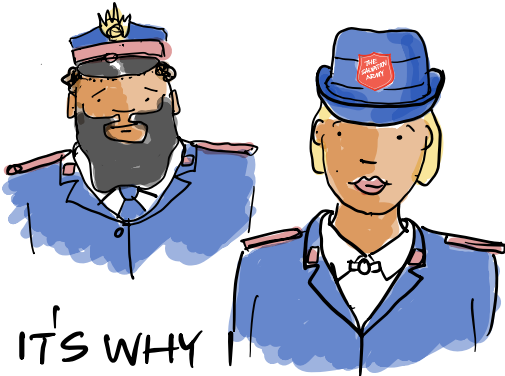
ONE SIDE

OTHER SIDE

IF I AM AT THE  
MERCY OF IT or  
I AM A VICTIM or  
RECIPIENT OF IT  
THEN I CAN BE  
STUBBORN &  
PUSH BACK!



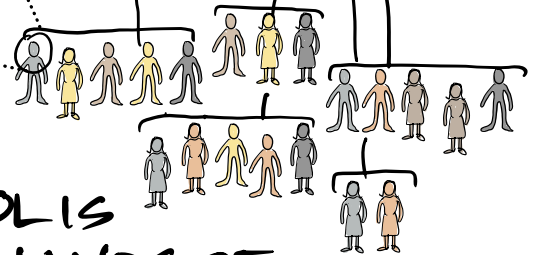
IF I WANT TO SEE  
CHANGE & BELIEVE  
IT'S LIFE  
AFFIRMING THEN  
I WELCOME IT!



IT'S WHY I  
CHOOSE TO WORK FOR  
THE S.A. BECAUSE  
SOCIAL CHANGE &  
JUSTICE IS AT IT'S  
HEART.

AS AN ORGANISATION  
CHANGE IS OFTEN SLOW  
ALTHOUGH IT HAS EVOLVED

POLITICAL  
SITUATION



CONTROL IS  
IN THE HANDS OF  
A FEW & the VOICE  
IS TAKEN AWAY  
FROM PEOPLE

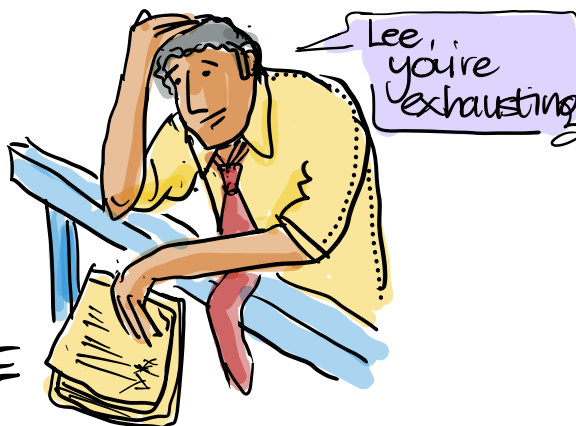


WE SHOULDN'T  
JUST GET  
COMFORTABLE  
WITH  
SITUATION or

WITH THE CHANGE WE SEE



SOMETIMES I JUST  
NEED TO STOP!  
BUT  
I LOVE THE  
ENERGY THAT  
COMES WITH CHANGE



**CONTROL**

WE CAN

MAKE NEGATIVE ASSOCIATIONS  
WITH THIS WORD



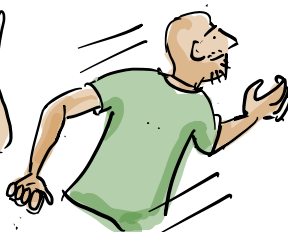
WHEN THIS POWER IS TAKEN  
AWAY IT CAN RESULT IN...



FIGHT



FREEZE



FLIGHT

BUT IT CAN BRING  
SAFETY or  
REASSURANCE



SHEER  
LEVEL  
OF POVERTY at the  
MOMENT ALMOST  
ERADICATES CHOICE



change  
behaviour!

change what  
you're doing!

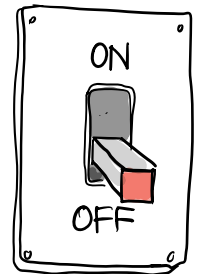
IN THE FIELD of ADDICTION  
SOME PEOPLE JUST DON'T  
HAVE OPTIONS WE HAVE

↓  
YET...

WE ARE ASKING  
THEM TO ACT  
in the SAME  
WAY as US !!

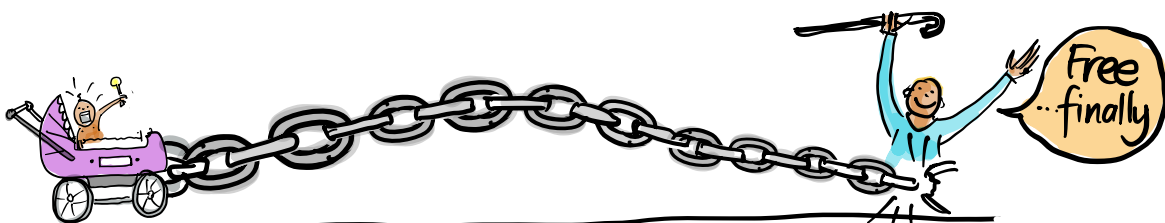
WHEN I USED DRUGS THEY SERVED A  
PURPOSE - GAVE ME RELIEF !!

WE HAVE to **UNDERSTAND  
CONTEXT**



**HOPE** =  
is CRUCIAL

> YOU HAVE to BELIEVE THAT  
THERE IS SOMETHING BETTER



**2023** HOW CAN THEY  
EXPERIENCE CHANGE?

**2023**

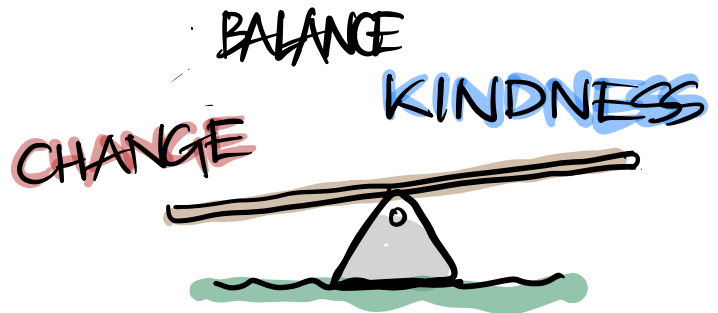
THEY WILL HAVE TO TAKE WHATEVER  
CHOICE IS IN FRONT of THEM,  
to BREAK SITUATION.



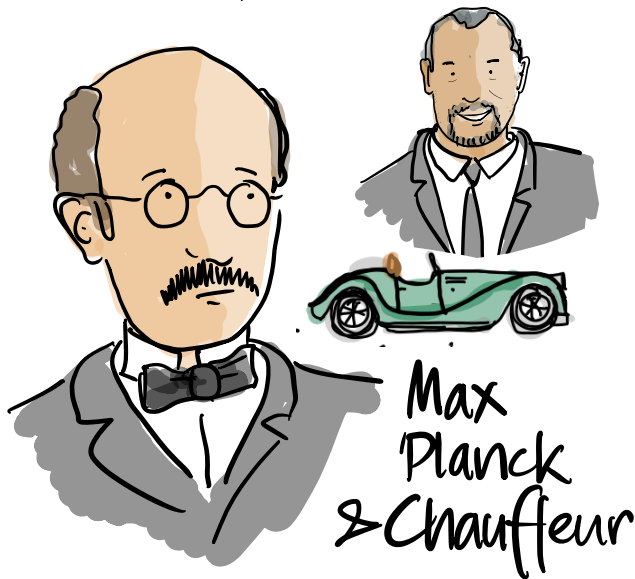


WE MUST ALWAYS TRY to

IT'S BEEN SUCH A DIFFICULT  
TIME TO THINK ABOUT  
MAKING CHANGE  
& CHOICES



IS ABOUT FIGHTING FOR OTHERS  
TO BE ABLE TO BE IN SOME SORT OF  
ELEMENT of CONTROL OVER CHANGE —



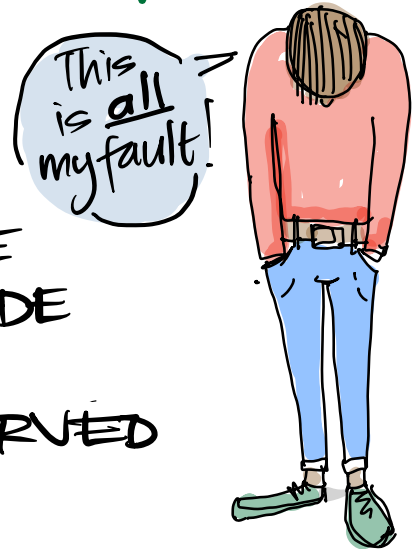
WE MUST ENSURE  
THAT THE GIFT of  
BEING ABLE to  
CHANGE is  
PLACED in HANDS  
of THOSE WHO  
DESERVE & THEN  
CONTROL IT!!

IF WE'RE GOING TO LEARN  
ABOUT CHANGE — WE CAN'T IMPOSE IT!

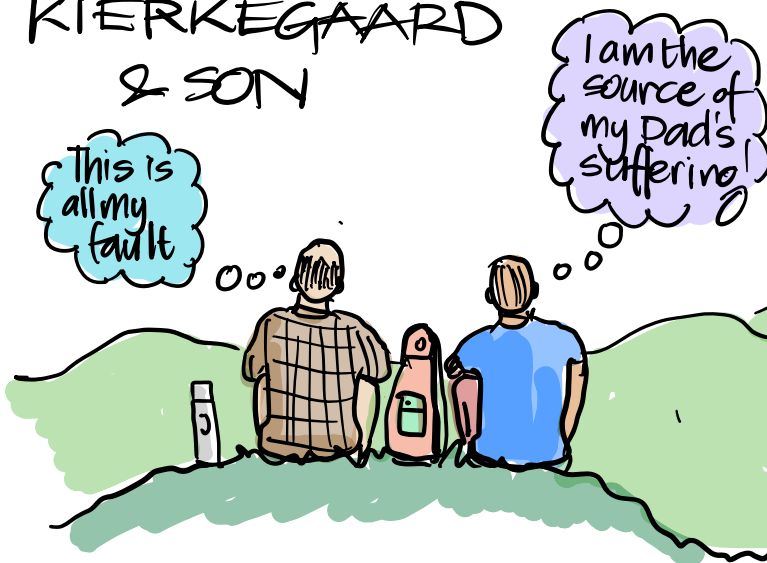
**GIVE CONTROL BACK**

# HOW DO YOU MOVE THROUGH SUFFERING?

MY APPROACH HAS CHANGED OVER THE YEARS WHEN I WAS YOUNGER SOME THINGS HAPPENED THAT MADE ME THINK SUFFERING WAS SOMETHING I ALMOST DESERVED

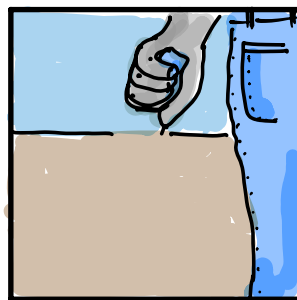


KIERKEGAARD & SON



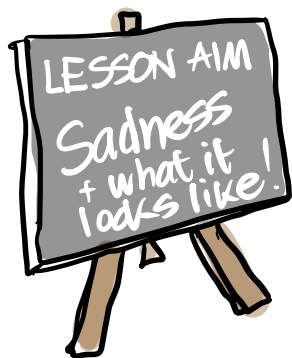
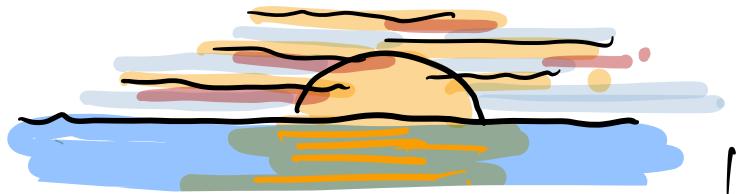
I WISH I'D HAD THE COURAGE LIKE MY DAUGHTER TO OPEN UP & SPEAK ABOUT WHAT'S HAPPENING!

GROWING UP I WOULD GET MYSELF IN RECKLESS SITUATIONS TO TRY & MAKE PAIN GO AWAY. THE ONLY WAY I KNEW HOW TO DEAL WITH IT WAS BY FIGHTING BACK!





I GOT TO THIS ONE MOMENT  
WHEN THINKING  
"I just can't carry on!"



BUT I HAD THIS MOMENT.  
— WE KNOW WHAT  
HAPPINESS IS —  
BUT NO ONE TELLS YOU  
WHAT SADNESS IS!

THIS CHANGED ME & I STARTED TO LOVE THE  
SIDE OF MY CHARACTER THAT NO ONE ELSE HAD

You know  
all those  
dark corners  
you try + hide  
— I love those  
as well!

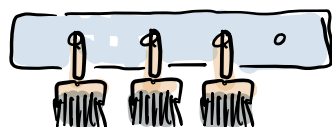


YOU HAVE TO LOVE IT  
**UNCONDITIONALLY**



I OFTEN TRY & DENY  
SUFFERING & MAKE  
IT ABOUT OTHERS.  
BUT STARTING TO ADMIT  
IT & EMBRACE IT

A BIG CHANGE  
STARTED AT WIRRAL  
AUTISTIC SOCIETY



AGENCY  
SERVICE  
skills  
we've come

What  
skills  
have  
you  
got?

THIS GAVE ME SUCH  
A FEELING OF JOY!

TRANSITIONAL  
MOMENT.

I CAN USE THIS PAIN I FEEL TO  
SERVE OTHERS & BECOME A BETTER  
VERSION OF MYSELF —

THIS WAS BEFORE TERMS like  
Trauma Informed Practice  
Strengths Based Approach

LOVE  
WITHOUT  
CONDITION!

That's how you start  
to unpack suffering!

I'll have that  
thank-you!

MY  
VOICE

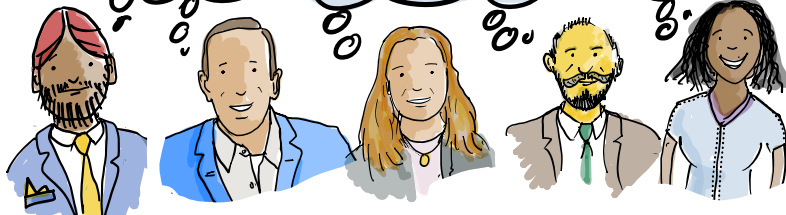


WHAT IS  
ABSOLUTELY  
CATASTROPHIC FOR  
PEOPLE IS WHEN  
YOU TAKE THEIR  
VOICE AWAY.

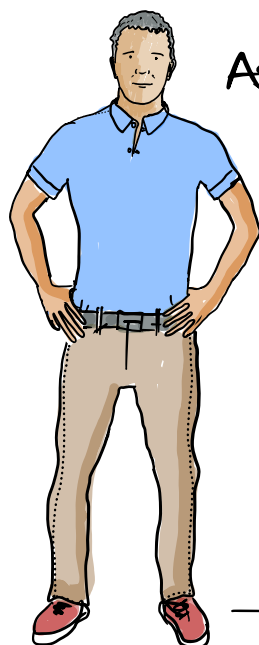
WHEN WE SEE  
SUFFERING OUR  
INSTINCT IS TO  
MAKE IT GO AWAY  
FOR OTHERS.

HIDING FROM  
OTHERS. ←

If they really knew me  
they wouldn't love me!



This thought is true for all of us!



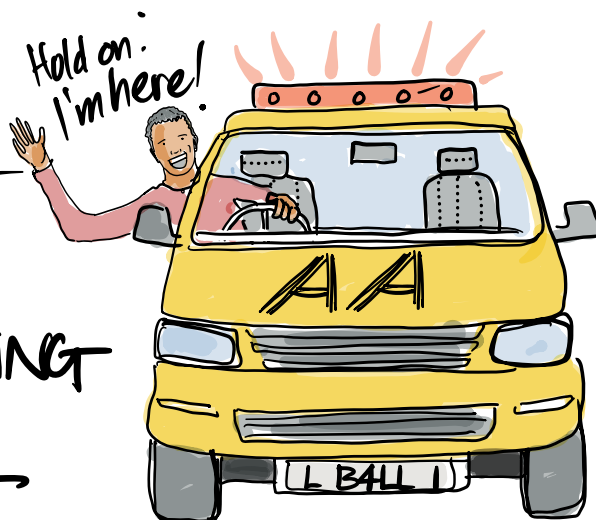
AS A DAD THERE ARE TIMES WHEN YOU  
JUST WANT TO TAKE AWAY YOUR KID'S  
PAIN OR SADNESS.

Dad, you've  
got to give me  
room to be  
sad!



BUT, YOU CAN'T JUST  
REMOVE THEIR SADNESS  
IT'S PART OF THEIR GROWTH,

THIS HAS HELPED  
ME ON A PROFESSIONAL  
CAPACITY TOO!  
DON'T JUST RUN IN &  
TRY & REMOVE SUFFERING  
THEY NEED TO BE  
HEARD FIRST ———





# HOW DO YOU RECEIVE JOY?

IT'S FAMILY & HOME  
THAT BRINGS ME  
THE MOST JOY



I AM STARTING TO  
TRUST JOY A BIT MORE

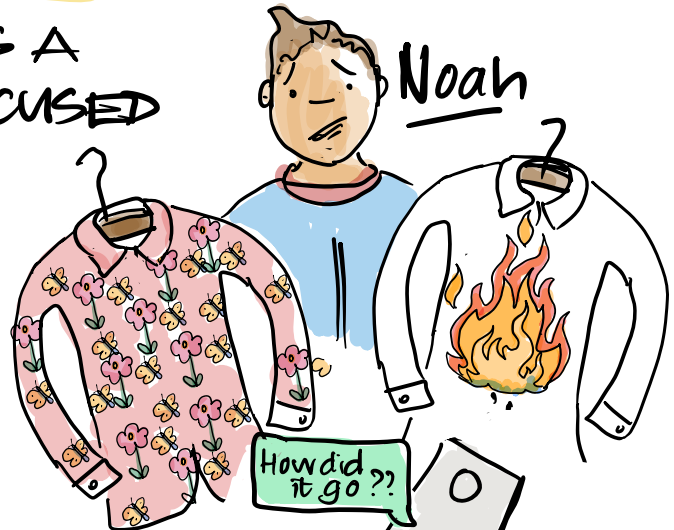
I GREW UP ALMOST  
FEARING JOY BECAUSE  
JOY WOULD BE  
FOLLOWED BY SADNESS



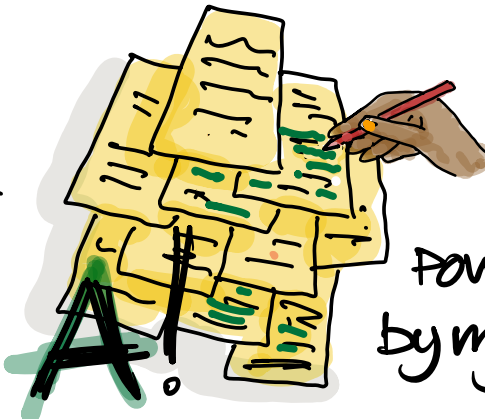
IT WOULD BE GREAT AS A  
COMMUNITY IF WE FOCUSED  
ON JOY A BIT MORE!



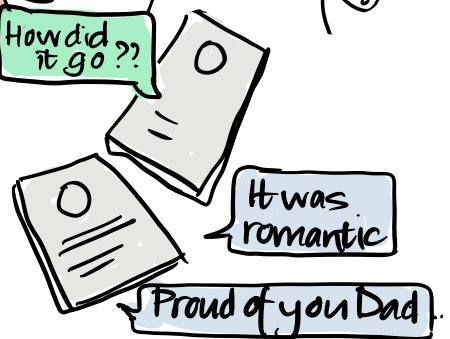
OUR JOY IS ALWAYS  
AN INVITATION FOR  
OTHERS TO EXPERIENCE  
IT FOR THEMSELVES.



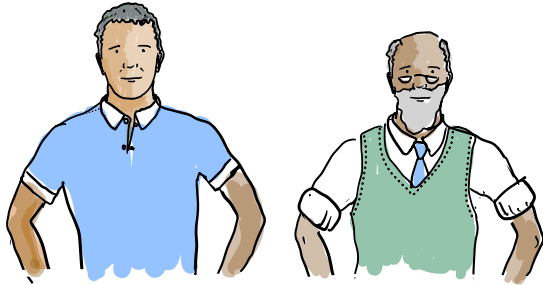
IT'S LIKE  
WALKING  
DOWN THE  
STREET  
SMILING!  
Huge  
Effect!



POWERFUL ESSAY  
by my DAUGHTER!



# HOW DO YOU MATURE in SERVICE? (Grow in Purpose)



NEVER BEEN WORRIED  
BY AGE & GETTING OLDER

ALWAYS  
PULLED IN  
MILLION



DIRECTIONS

PRACTICE GRATITUDE

AS I GET OLDER  
I CAN SEE THAT  
I SLOW DOWN!



I FEEL SAFER NOW THAT  
ANY TIME IN MY LIFE.

**SAFETY**

BEEN SURROUNDED  
by a GREAT  
TEAM



(A) THE PASSION &  
COMMITMENT THEY BRING

(B) COMMITMENT TO CHANGE  
THE WORLD. & A BELIEF IN  
FACT THAT PEOPLE ARE GOOD

**UNCONDITIONAL  
ACCEPTANCE**

GOT SOME GREAT FRIENDS WHO LOVE ME!



