



What is The FISH! Philosophy?

The FISH! Philosophy includes four simple, interconnected practices:

Be There: When people need you, they need all of you. Setting aside distractions and judgments to be fully present is a sign of respect. It improves communication and strengthens relationships.

Play: You can be serious about your work without taking yourself so seriously. Play is a mindset more than a specific activity. It allows you to throw yourself with enthusiasm and creativity into whatever you are doing, in a way that is natural, not forced. "Playing" with ideas helps you find solutions to everyday challenges.

Make Their Day: Simple gestures of thoughtfulness, thanks and recognition make people feel appreciated and valued. When you make someone else feel good, you feel good too.

Choose Your Attitude: To actually choose how you respond to life, not just react, you must be intentional. When you get up, decide who you want to "be" today. Moment-to-moment awareness is key. Ask yourself throughout the day, "What is my attitude right now? Is it helping the people who depend on me? Is it helping me to be most effective?"

Through The FISH! Philosophy, we build stronger relationships with the team members we work with, the people we serve, the students we teach and the people we love.



What is JoG Philosophy?

Francis on 'Fun'

"A Christian is a man and a woman of joy. Jesus teaches us this, the Church teaches us this.... What is this joy? Is it having fun? No: it is not the same. **Fun is good, eh?** Having fun is good. **But joy is more, it is something else.**

...it is something deeper. It is a gift. Fun, if we want to have fun all the time, in the end becomes shallow, superficial, and also leads us to that state where we lack Christian wisdom, it makes us a little bit stupid, naive, no? Everything is fun ... no. Joy is another thing."

Francis on Joy

"Joy is a gift from God. It fills us from within. It is like an anointing of the Spirit...A person of joy, the Pope continued, is a confident person. Sure that "Jesus is with us, that Jesus is with the Father." He asked: Can we 'bottle up' this joy in order to always have it with us?

"No, because if we keep this joy to ourselves it will make us sick in the end, our hearts will grow old and wrinkled and our faces will no longer transmit that great joy only nostalgia, melancholy which is not healthy. **Sometimes these melancholy Christians faces have more in common with pickled peppers than the joy of having a beautiful life.** Joy cannot be held at heel: it must be let go. Joy is a pilgrim virtue. **It is a gift that walks, walks on the path of life,** that walks with Jesus: preaching, proclaiming Jesus, proclaiming joy, lengthens and widens that path. It is a virtue of the Great, of those Great ones who **rise above the little things in life,** above human pettiness, of those who will not allow themselves to be dragged into those little things within the community, within the Church: **they always look to the horizon"**.

Questions

1. When have I seen joy in the workplace?
2. What are the barriers?
3. What could I do differently to bring more joy?