



January 2012 Newsletter

From the Chair - Happy New Year to everyone.

I hope you all managed to enjoy some time off over the Christmas period to spend time with friends and family.

New Year has started at a pace both across the FRS and within the network. We are in the process of organising 2012 events, beginning with the presentation of a Gold Award to Aidan Phillips on the 9th February. Aidan of Northamptonshire FRS was instrumental in the early days of the Network, he worked tirelessly to establish and raise the profile of the organisation and on the 9th we will be presenting him with his NWFS award for all that hard work. Colleagues past and present are welcome to join us to celebrate with Aidan.



Derbyshire FRS and Devon and Somerset FRS have agreed to host events for us in 2012 so read on below and be sure to put the dates in your diary.

Congratulations to Shilla Patel on her recent award from AFSA for 'Woman of the Year'.

All members have a role to play in the future of the network. In order to ensure that the network delivers the services you would like for your future, why not consider playing an active role? The National Executive committee does have some vacancies this year, see below, the roles are rewarding, challenging and will certainly contribute to your personal development.

Don't be shy, come and give it a go!

Mani Gilbert-King, Chair NWFS

Dates for your diary

9th February - Aidan Phillips award presentation

The Gold Award Presentation will take place on the evening of 9th February 2012, this is being hosted by Northamptonshire Fire and Rescue Service, at Westone Manor Hotel, Northampton. We would love as many colleagues as possible to come and join us to celebrate with Aidan.

The cost for dinner is £20.00 per person, dinner bed and breakfast is also available at £75.00.

To make your booking or for more information:
khsmith@tiscali.co.uk or 01366 381237.



10th February - NEC Committee meeting

The National Executive Committee Meeting 10th February 2012 is being hosted by Northamptonshire FRS, at their HQ in Northampton. Following the buffet lunch there will be a COBRA demonstration / training session. This session will be open to all members, please confirm your booking with Karen Smith.

Women's Development Day & AGM, 26th April

This will be hosted by Derbyshire Fire and Rescue Service on Thursday 26th April, all details of workshops and venue will be posted on the website.

Early notice

This year's NWFS Training and Development Weekend will take place towards the end of September / early October kindly hosted by Devon and Somerset FRS.

Vacancies on the Committee



At the AGM in April we will be looking to elect Regional Representatives for Scotland, Wales, South West and an International Rep.

We also have vacancies for an Executive Member, a Co-opted Member, and a Human Resources advisor.

If you are interested in any of these positions please get in touch, we can give you information on the roles and put you in touch with an existing committee member to discuss it further.

Great success at Julie Johnston's coaching session

Following our last NEC of 2011 in Gloucestershire, Julie Johnston ran a training session for members, and Julie writes the following...

In November it was my pleasure to come along and carry out a training session for NWFS members.

After swift introductions we started to explore Coaching Skills and NLP and how these can be used back in the FRS. During the afternoon we covered areas such as:

- The role of a coach vs other roles including Mentor, Instructor etc.
- The GROW coaching model
- The history of NLP. What are limiting beliefs, do we have limiting beliefs about ourselves that are holding us back both professionally and personally?
- Working with different styles and how to influence better
- How to reframe situations more positively
- Everyone also had a go at coaching using the GROW model.

The event was fast moving and highly interactive and everyone got very involved which is always great to see as a trainer. Although some theory was covered it was more important for delegates to 'have a go' and to see how these skills worked for them, how they could work on their own issues and finally how to transfer them back in to the workplace.

Post feedback has been very positive and it was great to talk to those of you that remained on after the event.



[You can find out about the FRS coaching courses and more about Julie here...](#)

Contributions welcome, please send news, views and photos to Karen, khsmith@tiscali.co.uk

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