Sat 18th April 2015 No.2 Encouragement

As an ex-PE teacher I have seen the benefits of encouragement in children who positively ‘grow’ on hearing words of praise. But it is not just children who need to be given a boost.

We all love to be encouraged and can raise our efforts to new heights on the back of encouragement.

The dictionary tells us that encouragement is to inspire someone with the courage or confidence to do something by giving them approval or support. Football crowds in general are usually very good at supporting and encouraging when the team are doing well but when they are losing and need the most inspiration the crowds go quiet.

However, the ‘Sing for Reading FC Women’ group are the exception. They have created a song for each individual in both the first team and the reserves and they tirelessly deliver their support whatever the score. I would like to say a big thank you to them for their efforts - they are much appreciated.

How much nicer for those around us if we concentrated on those things that we can praise people for rather than the things that have gone wrong. Let’s look for ways to encourage those around us on a daily basis and see the difference it makes to both the giver and receiver of praise. “C’mon U Royals”.

Angy King

Reading FC Women Chaplain