

1: Whiston Hospital Human Resources State of Mind Session Â» State of Mind - What's Yours?

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Hurd and Denise M. Defining leisure, play, and recreation provides us as leisure professionals with a strong foundation for the programs, services, and facilities that we provide. While we might disagree on the standard definition of leisure, play, or recreation, we are all concerned with providing an experience for participants. Whether we work in the public, private nonprofit, or commercial sector, all three concepts are driving forces behind the experiences we provide.

Definitions of Leisure There is debate about how to define leisure. However, there is a general consensus that there are three primary ways in which to consider leisure:

Leisure as Time By this definition leisure is time free from obligations, work paid and unpaid, and tasks required for existing sleeping, eating. Leisure time is residual time. Some people argue it is the constructive use of free time. While many may view free time as all nonworking hours, only a small amount of time spent away from work is actually free from other obligations that are necessary for existence, such as sleeping and eating.

Leisure as Activity Leisure can also be viewed as activities that people engage in during their free time—activities that are not work oriented or that do not involve life maintenance tasks such as housecleaning or sleeping. Leisure as activity encompasses the activities that we engage in for reasons as varied as relaxation, competition, or growth and may include reading for pleasure, meditating, painting, and participating in sports. This definition gives no heed to how a person feels while doing the activity; it simply states that certain activities qualify as leisure because they take place during time away from work and are not engaged in for existence. However, as has been argued by many, it is extremely difficult to come up with a list of activities that everyone agrees represents leisure—to some an activity might be a leisure activity and to others it might not necessarily be a leisure activity. Therefore, with this definition the line between work and leisure is not clear in that what is leisure to some may be work to others and vice versa. Concepts such as perceived freedom, intrinsic motivation, perceived competence, and positive affect are critical to determining whether an experience is leisure or not leisure. Perceived freedom also involves the absence of external constraints to participation. The second requirement of leisure as state of mind, intrinsic motivation, means that the person is moved from within to participate. The person is not influenced by external factors e. Perceived competence is also critical to leisure defined as state of mind. Perceived competence refers to the skills people believe they possess and whether their skill levels are in line with the degree of challenge inherent in an experience. Perceived competence relates strongly to satisfaction, and for successful participation to occur, the skill-to-challenge ratio must be appropriate. Positive affect refers to enjoyment, and this enjoyment comes from a sense of choice. What may be a leisure experience for one person may not be for another; whether an experience is leisure depends on many factors. Enjoyment, motivation, and choice are three of the most important of these factors. Therefore, when different individuals engage in the same activity, their state of mind can differ drastically.

Definition of Play Unlike leisure, play has a more singular definition. Play is imaginative, intrinsically motivated, nonserious, freely chosen, and actively engaging. While most people see play as the domain of children, adults also play, although often their play is more entwined with rules and regulations, which calls into question how playful their play really is.

Definition of Recreation There is some consensus on the definition of recreation. Recreation is an activity that people engage in during their free time, that people enjoy, and that people recognize as having socially redeeming values. Unlike leisure, recreation has a connotation of being morally acceptable not just to the individual but also to society as a whole, and thus we program for those activities within that context. While recreation activities can take many forms, they must contribute to society in a way that society deems acceptable. This means that activities deemed socially acceptable for recreation can change over time. Examples of recreational activities are endless and include sports, music, games, travel, reading, arts and crafts, and dance. The specific activity performed is less important than the reason for performing the activity, which is the outcome. For most the overarching desired outcome is recreation or restoration. Participants hope that their recreation pursuits can help them to balance their lives and refresh themselves from their work as well as other mandated activities such as

housecleaning, child rearing, and so on. People also see recreation as a social instrument because of its contribution to society. That is, professionals have long used recreation programs and services to produce socially desirable outcomes, such as the wise use of free time, physical fitness, and positive youth development. The organized development of recreation programs to meet a variety of physical, psychological, and social needs has led to recreation playing a role as a social instrument for well-being and, in some cases, change. There are also for-profit agencies, such as fitness centers and spas, designed to provide positive outcomes. The above excerpt is from:

2: Champion State of Mind

Six resource centers in Scotland are described and discussed to illustrate the varieties of centers which exist, and to promote the development of a system of resource centers throughout the country. Although the precise nature and function of each of the centers varies, contributors to this project.

Everyone must come to work fully engaged and ready to make a difference. The future belongs to those who understand the power of culture and use it to feed the entrepreneurial spirit. Here are 21 ways you can begin to create a culture where people have a vested interest, emotionally as well as intellectually, in the success of your business. Stay tuned for parts two and three because we will add to this list. Equip People to Think and Act Like Owners If you want your people to think and act like owners of the business, you have to do more than just offer profit sharing, provide stock options, and share financial information. You must educate them. It means demystifying the language of business, explaining what the numbers mean, teaching how that information can be applied. Employees must understand how economic value is created, how revenues and expenses translate into profit, how they can create financial security for themselves and the organization, and what investors contribute and want in return. Communicate everything you can to your associates. The more they know, the more they care. Sam Walton Ownership requires a sweeping perspective, not a narrow focus on a particular product or service line. It demands great execution in the present with an eye simultaneously kept on the future. Employees must be taught to see themselves as the people who make the business grow. But conventional organizations are designed to do the opposite. Focusing employees on one narrow part of the organization, they send the message: Let senior executives worry about the company as a whole. It practically guarantees mediocrity at best, and invites downright failure. Suppose you were to allocate the freedom to hire employees, set targets, and establish schedules to those in your company closest to the front lines. Chances are, those employees would feel more committed and work more productively because they would know that their opinions are trusted and that they are considered the experts of their world. Examine the significant areas in your organization and find five where you can relinquish control and trust your people to do the right thing. If anyone habitually abuses this freedom, deal reasonably but firmly with him or her. Liberate Talent Ownership means that people are free to act without the fears that squash initiative. When employees have to cling to safety nets, they are certainly not going to commit themselves to a system in which they have responsibility and accountability. Self-preservation becomes the norm. In one characteristic move, he financed an expansion of the trucking fleet by inducing his drivers to find loads for their return trips. How they made the rigs profitable on return trips was up to them. Most are hardworking dual-career couples. They pay their mortgage or rent on time; they lug their kids to and from school, soccer, piano, and a whirlwind of other activities. They attend church, mosque, or temple. Many are involved in a charity; others are room mothers and Cub Scout leaders. Yet, some managers question whether these people can be trusted, whether they can handle the responsibility. They should have the guts to let go! Stanley Steemer has built a national chain of franchised carpet-cleaning shops on a base of gutsy leadership. Ask Phil Dean, who operates one of the most successful Stanley Steemer franchises in the United States, what can happen when employees are trusted. And I really push that. I put the decision making at the lowest possible level. It costs money, and it takes time to develop people that way, but I have no turnover with my managers. In a trusting company, employees are invested in their jobs because they want to be, not because they have to be. The challenges we face today require committed people. And the key to developing them lies in the hands of leaders who know how to liberate talent. Reward Intelligent Failure Engendering a spirit of ownership means helping people get over their fear of failure and hesitancy to assume responsibility. Despite your entreaties to initiate projects, take risks, speak their minds, and confront the boss, employees still fear that doing so could jeopardize their jobs. In this area, one thing is certain: People will not overcome that fear until they witness someone rewarded publicly for an intelligent failure. When you explain to your employees that failure is often the forerunner to success, they must trust that you will treat them accordingly. The true experts in any organization are those closest to the point of action. They know where the waste and redundancy occurs, they know where maligned

processes break down and hinder them from doing their jobs and they know where the opportunities for improvement and growth exist. When an organization keeps secrets, people disengage because they feel left out. Morale and productivity suffer because employees bring less of themselves to work. How can we expect people to think for themselves and work to build a strong, profitable enterprise if they have no idea what goes into creating the bottom line? Your competitors already know most of that. Internet chat rooms, former employees, suppliers, and customers, not to mention the media, all are powerful sources of intelligence. In fact, if you want to try something gutsy, get your information-technology or marketing people to identify two or three industry chat rooms and find out what people are saying about your products and your business. How much they know might surprise you. Spend more time figuring out how to keep your people on the cutting edge of information and worry less about keeping it away from the competition. Keeping people informed conveys trust and inspires accountability. It treats people as responsible adults who are fully capable of learning how the business works, and who are willing to do what is best for the organization. By sharing information, we stay aligned to the vision of shared fate. Another sheet lists the sales numbers for the same day the year before. Once a week, sales totals for every store in the company are posted. And once a month, stores get a detailed report that analyzes sales, product costs, wages and salaries, and operating profits for every store. And store managers routinely review it with their team leaders. Since individual teams make decisions about labor costs, ordering, and pricing – the factors that determine profitability – the reports are indispensable.

3: Microsanctuary Resource Center "sanctuary is a state of mind

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Mens rea varies from crime to crime; it is either defined in the statute creating the crime or established by precedent. Common examples of mens rea are intention to bring about a particular consequence, recklessness as to whether such consequences may come about, and for a few crimes negligence. Some crimes require knowledge of certain circumstances as part of the mens rea for example, the crime of receiving stolen goods requires the knowledge that they were stolen. Some crimes require no mens rea; these are known as crimes of strict liability. Whenever mens rea is required, the prosecution must prove that it existed at the same time as the actus reus of the crime coincidence of actus reus and mens rea. A defendant cannot plead ignorance of the law, nor is a good motive a defence. He may, however, bring evidence to show that he had no mens rea for the crime he is charged with; alternatively, he may admit that he had mens rea, but raise a general defence e. Actus reus - [Latin: In most cases the actus reus will simply be an act e. Sometimes, however, it may be an omission to act e. In certain cases the actus reus may simply be a state of affairs rather than an act e. Unconscious involuntary conduct caused by some external factor. A person is not criminally liable for acts carried out in a state of automatism, since his conduct is altogether involuntary. Examples of such acts are those carried out while sleepwalking or in a state of concussion or hypnotic trance, a spasm or reflex action, and acts carried out by a diabetic who suffers a hypoglycaemic episode. Automatism is not a defence, however, if it is self-induced for example, by taking drink or drugs. When automatism is caused by a disease of the mind, the defence may be treated as one of insanity. Mere absent-mindedness, even when brought about by a combination of, for example, depression and diabetes, is not regarded as a defect of reason under the defence of insanity. It may, however, be grounds for concluding that the accused was not capable of having the necessary mens rea at the time of the offence. Diminished responsibility - An abnormal state of mind that does not constitute insanity but is a special defence to a charge of murder. The abnormality of mind which need not be a brain disease must substantially impair the mental responsibility of the accused for his acts, i. It may be caused by disease, injury, or mental subnormality, and is liberally interpreted to cover such conditions as depression or irresistible impulse. If the defendant proves the defence, he is convicted of manslaughter. See also battered spouse or cohabitant. Joint enterprise - see joint venture - A commercial undertaking entered into by two or more parties, often by setting up a separate joint-venture company in which all partners have shares, to enable resources and skills to be shared. Joint ventures are defined in a European Commission notice of 31 December as "undertakings which are jointly controlled by two or more other undertakings. A Commission notice of 23 December sets out how cooperative joint ventures are treated under the EU competition rules. Homicide that does not amount to the crime of murder but is nevertheless neither lawful nor accidental. Manslaughter may be committed in several ways. It may arise if the accused is charged with murder and had the mens rea required for murder see malice aforethought , but mitigating circumstances diminished responsibility, a suicide pact, or provocation reduce the offence to manslaughter; this is known as voluntary manslaughter. It may also be committed when there was no mens rea for murder in one of two situations: For example, it would be manslaughter to knock some bricks off a bridge into the path of a train criminal damage , killing the driver, even if one had no idea that there was a train in the area. Such cases are known as involuntary manslaughter. There are generally four types of involuntary manslaughter, although the distinction between them remains unclear: The maximum punishment for manslaughter is life imprisonment, although this is rarely imposed; however, the Crime Sentences Act provides for a mandatory life sentence for those convicted of manslaughter for a second time see repeat offender. Most cases of causing death by dangerous driving and causing death by careless driving are usually not charged as manslaughter but as special statutory offences under the Road Traffic Act However, in certain circumstances causing death by dangerous driving may amount to reckless manslaughter. Deliberate or implied affirmation; compliance with a course of proposed action. Consent is essential in a number of circumstances. For example, contracts and marriages are

invalid unless both parties give their consent. Consent must be given freely, without duress or deception, and with sufficient legal competence to give it see also informed consent. In criminal law, issues of consent arise mainly in connection with offences involving violence and dishonesty. See also age of consent; battery; conveyance; rape. The annual Appropriation Act authorizes the issue from the Consolidated Fund of money required to meet government expenditure and allocates it between departments and by reference to itemized heads of expenditure. The dishonest appropriation of property belonging to someone else with the intention of keeping it permanently see dishonesty. If a person acquires property without stealing it, but later decides to keep the property unlawfully, he may be regarded as having appropriated it. For example, if A lends his golf clubs to B for a week and B subsequently decides to keep the clubs or sell them, this indicates that B has assumed the rights of the owner unlawfully. Property belongs to anyone who either owns it or has physical possession or control of it. The Act expressly states that a person is not dishonest if he believes even if unreasonably that he is legally entitled to appropriate the property or that the owner would consent or could not be discovered by taking reasonable steps. Under the Theft Act , obtaining goods or services without paying for them is now covered by the offence of making off without payment see also shoplifting. Cases in which property is obtained by deception are usually dealt with as deception offences. Theft involving the use of force may amount to robbery. See also burglary; conveyance. A false representation, by words or conduct, of a matter of fact including the existence of an intention or law that is made deliberately or recklessly to another person. Deception itself is not a crime, but there are six imprisonable crimes in which deception is involved: It is not an offence, however, to deceive someone in any other circumstances, provided there is no element of forgery or false accounting. A wrongful direct interference with another person or with his possession of land or goods. The distinguishing feature of trespass in modern law is that it is a direct and immediate interference with person or property, such as striking a person, entering his land, or taking away his goods without his consent. Indirect or consequential injury, such as leaving an unlit hole into which someone falls, is not trespass. Trespass is actionable per se, i. There are three kinds of trespass: Trespass to the person may be intentional or negligent, but since negligent physical injuries are remedied by an action for negligence, the action for trespass to the person is now only brought for intentional acts, in the form of actions for assault, battery, and false imprisonment. Trespass to goods includes touching, moving, or carrying them away de bonis asportatis. It may be intentional or negligent, but inevitable accident is a defence. Trespass to land usually takes the form of entering it without permission. It is no defence to show that the trespass was innocent e. Trespass to land or goods is a wrong to possession rather than to ownership. Thus a tenant of rented property, for example, has the right to sue for trespass to that property. Trespass to land is a tort but not normally a crime: However, trespass may sometimes constitute a crime. Thus squatters may be guilty of a crime see adverse occupation ; it is a crime to trespass on diplomatic or consular premises or premises similarly protected by immunity; and it is a crime to enter and remain on any premises as a trespasser with a weapon of offence for which one has no authority or reasonable excuse, or to be on any premises, land, or water as a trespasser with a firearm for which one has no reasonable excuse. The Criminal Justice and Public Order Act created the offences of aggravated trespass and collective trespass. The summary offence of aggravated trespass occurs when a trespasser in the open air seeks to intimidate, obstruct, or disrupt a lawful activity, such as hunting; an offender can be arrested and failure to leave the land on the direction of a senior police officer is also an offence. Collective trespass occurs when two or more people are trespassing with the purpose of residing on land belonging to another person. The police have powers to direct collective trespassers to leave if they have caused damage, used threatening or abusive words towards the occupier, or brought six or more vehicles which may be caravans onto the land see also unauthorized camping. Failure to leave or re-entry within three months is a summary offence for which a uniformed police officer has a power of arrest. See also airspace; burglary; trespassory assembly. Novus actus interveniens - nova causa interveniens [Latin: Awareness at the time of doing an act that a certain consequence may result. In the case of some crimes e. However, conviction for many crimes including wounding requires only that the accused foresaw a specified consequence as likely or possible. In all cases where foresight suffices for liability, the court may not assume that the defendant had foresight merely because the particular consequence that occurred was the natural and

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likely consequence of his acts. Malice is said to be transferred when someone intends to commit a crime against one person but in fact commits the same crime against someone else for example, if he intends to shoot X but misses, and instead kills Y. Malice is universal or general when the accused has no particular victim in mind for example, if he shoots into a crowd intending to kill anyone. In both cases this constitutes mens rea. In the English law of tort, the general rule is that a malicious motive cannot make conduct unlawful if it would otherwise be lawful. However, in some cases malice can be relevant. An action for malicious prosecution requires proof that the prosecution was instigated maliciously, i. In defamation, a malicious motive invalidates the defences of fair comment and qualified privilege. Malice is also relevant to liability for conspiracy to injure someone. Transferred malice - see malice - n. Chose in action - see chose - n. Choses are divided into two classes. A chose in possession is a tangible item capable of being actually possessed and enjoyed, e. A chose in action is a right e. A Dictionary of Law. Oxford University Press,

4: Resources - State of Mind Ireland

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5: Wellness State of Mind â€¢ Human Resources Colorado College

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6: Productivity vs state of mind â€“ Resource Centre

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7: | Lake Life State of Mind

Microsanctuary Resource Center (MRC) started in late with the goal of inspiring vegans to rescue farmed animals with their existing resources. The result was an effort to create a new model for sanctuary, as well as to build a community of activist-caregivers within the larger sanctuary and vegan movements.

8: Resources - A State of Mind

State of Mind is set to become an essential resource in classrooms around New South Wales. A full swag of free teaching resources is available for all schools who took part in the project so that they can keep the creativity flowing.

9: Oxford University Press | Online Resource Centre | Selected Criminal Law Terms

State of Mind Ireland is comprised of a team of service users, players, coaches, mental health experts and sport professionals whose principle aim is to improve the mental health, wellbeing and working life of sports players and sporting communities throughout Ireland.

The womans fix-it book The Horizon book of the age of Napoleon Roads Highways (Stone, Lynn M. How Are They Built?) Philips dsp475u user manual Public venues and functions Portfolio laboratory for graphic design and multimedia Auxiliary verbs in Zulu Horizontal directional drilling good practices guidelines Heat and mass transfer rk rajput The Complete Idiots Guide to Flower Gardening Property Rights (The Bill of Rights) Introducing and implementing change Elementary and intermediate algebra book And Eternity (Incarnations of Immortality) Yamaha htr-6050 manual Filetype campbell essential biology 6th edition Ship engine room machinery The Forensic Mission Happy birthday banner printable turquoise and purple Computers and programming guide for engineers Westminster Abbey re-examined. A moment to remember Little Boy Lost (The Script Publishing Project) The prince and the pekingese Star citizen flight manual Michelin Road to Liberty Map No. 105 Civil procedure of the trial court in historical perspective Health insurance and managed care 4th edition Civitas by design Great Answers to Tough Marketing Questions Buyers remorse : the tarnished golden age Long-term use of sleeping pills in chronic insomnia Milton Kramer Fe civil practice problems michael lindeburg Measurement of estrogen receptor status by immunocytochemistry in paraffin wax sections Bharat Jasani . [Stillness at Appomattox The Essential Wedding Planner Zen and the art of faking it Colour atlas of stroke Reflections on womens crime and mothers in prison : a peacemaking approach Polly F. Radosh Closing arguments