

Stephanie Staples

Bring Your "A" Game to Work & Life!



Oh my gosh I am going to speak for the CSC staff
There are so many acronyms there I may need a graph

There's the CPO's, ALO's, ACPO's, SPO's and teachers
How will I figure it out, I may need a team of researchers

How do they do their jobs day in and day out
How do they keep their chin up with such negativity about

Working with people who have not had the chance for a good life
They've seen more violence and crime and hatred and strife

The burnout, the bureaucracy, the vicarious trauma
The office changes, doing more with less and all the associated drama

Makes it seem impossible not to succumb to the state
Of sadness, disappointment, of forgetting what it feels like to feel great

But remember you have exceptional skill
That allow you to excel at this career, and you will

Set a fine example for others to see
That accepting new challenges and what must be

You rise above, because or despite
What's outside your control, you seek respite

The frustration you feel you is natural you know
But you needn't be stuck, there is always room to grow

So work harder on yourself than on anything else
Say no when you need to and ask for help

Ditch the guilt, explore your passions
Live your life in a inspiring fashion

Take small steps each day to care for you
Mentally, physically and socially too

Bringing your 'A' game is the goal
It starts with clarity of your role

Being happy and healthy, it's the most important job you must do
You go first and the ones you love will follow too.