New Lambton Football Club

Our WEIR Values

New Lambton FC has adopted a set of values to guide Club behaviour:

1. **Wellbeing:** We develop and promote a safe and supportive environment
2. **Excellence:** We strive for quality and improvement in everything we do
3. **Integrity:** We know and do what is right
4. **Respect:** We respect diverse views and opinions and act with integrity, and treat others as we expect to be treated

Our WEIR values (Wellbeing, Excellence, Integrity and Respect) underpin everything we do as a Club, as well as how we expect all our players, volunteers and others to engage with one another and the community.

WELLBEING: We develop and promote a safe and supportive environment

- CONNECT WITH OTHER PEOPLE: Good relationships are important for your mental wellbeing; they can help build a sense of belonging and self-worth, give an opportunity to share positive experiences and provide emotional support and allow support others
- BE PHYSICALLY ACTIVE: Being active is not only great for physical health and fitness, it can improve mental wellbeing by raising self-esteem, helping to set goals or challenges and achieve them and causing chemical changes which can help to positively change your mood
- LEARN NEW SKILLS: Learning new skills can also improve mental wellbeing by boosting self-confidence and raising self-esteem, helping build a sense of purpose and helping connect with others
- GIVE TO OTHERS: Acts of giving and kindness can help improve mental wellbeing by creating positive feelings and a sense of reward, giving a feeling of purpose and self-worth and helping connect with other people
- PAY ATTENTION TO THE PRESENT MOMENT (MINDFULNESS): Paying more attention to the present moment can improve mental wellbeing; this includes thoughts and feelings, the body and the world. Mindfulness can help enjoy life more and bring self-understanding. It can positively change feelings about life and how challenges are approached.

EXCELLENCE: We strive for quality and improvement in everything we do

- BE THE BEST YOU CAN BE: Strive to be the best you can be and to do the best you can do
- BE STRATEGIC: Expect mistakes and failures along the way, but learn from them and keep moving forward; don't settle for less than you can achieve
- PERSEVERE: Excellence flows from consistency. It is rarely gained by a single action but rather through a succession of positive attitudes and actions.
- BE EXTRAORDINARY: Do what it takes to succeed. Do not settle for less than the best that you can be and do. Find fulfillment, satisfaction, and delight by pursuing and attaining excellence.

INTEGRITY: We know and do what is right

- BE COMMITTED: Set high standards for your behavior and stick to them even in difficult situations
- BE COURAGEOUS: Stand up for what you believe is just and good
- BE HONEST: Choose words and actions that are sincere, not misleading
- BE DISCIPLINED: Remain dedicated and self-controlled, even when challenged
- BE RESILIENT: Learn from mistakes and losses; seize the opportunity to improve

RESPECT: We respect diverse views and opinions and act with integrity, and treat others as we expect to be treated

- BE ACCEPTING: Support everyone's worth and dignity, regardless of background, abilities or beliefs
- BE CONSIDERATE: Always be aware of and honour others' rights and feelings
- BE ATTENTIVE: Be ready to learn from coaches, officials and other players
- BE ENCOURAGING: Demonstrate concern for the growth and development of all others
- BE APPRECIATIVE: Value the guidance of supportive people

New Lambton FC understands the value of diversity, equity and inclusion and expects its members to treat each other and members of the community with dignity and respect. We are committed to creating an inclusive Club culture where everyone feels respected, valued and safe to contribute their opinions and talents to the success of the organisation so that we can drive positive community outcomes.

We value diverse styles, experiences, and perspectives. People from diverse backgrounds (including but not limited to, Aboriginal and Torres Strait Islander Australians, people with diverse gender identities and sexualities, people from different cultural and linguistic backgrounds, people with disability, and veterans) are welcome!